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# Welcome...



Who ever decided New Year (arguably the coldest, grimmest season) was a good time to cut out nice things? I find it so negative – much better to think up a list of exciting things you actually want to do over the coming months! Of course, all of our resolutions revolve squarely around food; if you're set on making your own bread, *Great British Bake Off* finalist Richard Burr's masterclass on p.110 is ideal for beginners. If you want to reduce the amount of food you throw away Val Warner has lots of tips for making use of every scrap left in the fridge on p.27. Or for

something even more ambitious, our feature on foodie startups (p.34) makes inspiring reading if you've ever dreamed of making a living out of your cooking hobby.

Of course, after weeks of festive indulgence, there's nothing wrong with wanting to lighten things up a little – that's why we've dedicated 11 pages to food that makes you feel good, avoiding fads, fasts and short-term fixes. Starting on p.93, you'll find Jamie Oliver's crafty ideas for cooking with superfoods, our guide to making wholesome bone broths, and the latest nourishing products to stock up on in 2016. Have a delicious month!

Natasha

Editor natasha@aceville.co.uk

#### ★ Meet the experts



WARM UP WITH MARY BERRY'S
WONDROUS WINTER DISHES



TRAILBLAZING CHEF SIMON ROG/ Talks Cumbria and Kitchen Gardens in our Interview On prg



JUMP TO P.29 TO SEE John Torode's Tempting Family Roasts



CHEESE OBSESSIVE ALEX JAMES Shares his food loves and hates on p146

# {Behind the scenes} on GBF





New Year is the perfect time for a kitchen refresh - check out our favourite 2016 buys on p.125



We've dedicated pages to Scotland's stunning larder - see our favourite specialities on p. 67



# WHAT WORKS WITH = WENSLEYDALE?



- Chutney Recipe
- 200 Roughly chop apples
  - Mix with sugar ginger, onions + a pinch of cassia
- @ Simmer and stir for 40 mins
- @ Leave to cool and put in jars

REAL CHEF. REAL FOOD.

Chris Barnard, KETTLE chef since 1989.

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#### Editor

Natasha Lovell-Smith 01206 508619 natasha@aceville.co.uk

#### **Deputy Editor**

Holly Brooke-Smith 01206 508623 holly@aceville.co.uk

#### **Editorial Assistant**

James Fell 01206 505985 james.fell@aceville.co.uk

#### **Group Advertising Manager**

Daniel Lodge 01206 505951

#### Advertising Manager

Owen Cook 01206 505939 owen.cook@aceville.co.uk

#### **Group Editor**

Charlotte Smith 01206 508615

#### Contributors

Lizzie Enfield

#### **Advertising Sales Executive**

Nathan Kliber 01206 505424 nathan.kliber@aceville.co.uk

#### Art Editor

Matt Sumner

#### Designers

Louise Abbott, Connie Ngai

#### **Publishing Director**

Helen Tudor 01206 505970

#### Photography

CliQQ Photography

Liz Tuthill 01206 505927

#### Subscriptions

Jenny O'Neill 01206 508605

#### Circulation

Mick Orrin 01206 505912

#### Accounts

Joy Loveday 01206 505914

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# The original spiral cutter just got even better!

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A NEW addition to the best selling family of GEFU spiral cutters! Using the principle of a pencil sharpener, the SPIRELLI 2.0 spiral slicer transforms carrots, radishes, cucumbers and other firm vegetables into appetizing endless spirals at a flick of the wrist - for use in vegetarian stir-fries, healthy raw salads or as an appetizing garnish.

The attachable finger guard can be pushed far into the slicer, making efficient full use of the vegetable.

For further information & UK stockists www.inthehaus.co.uk





# This month

HOT PRODUCTS \* PEOPLE \* EATING OUT \* WHAT'S ON

# Local - Seasonal - Brilliant!

Pop the corks, 2016 is here! It's time to celebrate all the foodie discoveries of the last year, and start thinking of exciting kitchen projects for the coming months. We're brightening the wintry days with beautiful purple sprouting broccoli and forced rhubarb, while it's the ideal time to enjoy the wealth of native, seasonal seafood and shellfish – so get cracking on those oysters!





#### **CONFETTI EXPLOSION**

Shower your NYE table with glitter, balloons, confetti and streamers, pack also includes eight gold face masks.

Glitterati table bomb, £40, talkingtables.com



Throw a sparkling New Year's bash with our pick of glitzy products



#### **DECK THE TABLE**

These little golden flags measure between 2-3cm long – good for draping around your table.

Gold and Ivory bunting, £3.99, gingerray.co.uk



#### **PERFECT PRESERVES**

We love these gorgeous jars, and their delicious flavours! Make sure you try the Orange & cardamom marmalade or pear & date chutney.

Preserves, pastes and chutneys, from



#### **COPPER FEEL**

Chill the bubbly in style with this pretty textured wine cooler. Hammered copper bucket, £38, **Oliver Bonas** 



#### **POSH CHOC**

Great gift for a hostess... or to keep for yourself! Marou Tien Giang 70% chocolate, £5.95, cocoarunners.co.uk



Candle & Cake Ltd



#### **FORKS OF GOLD**

Modern shapes and a golden finish mark this 16pc cutlery set apart from the rest. Turini gold finish 16 piece cutlery set, £90, habitat. co.uk

HIGH FLUTING



Elegant glasses in a range of shapes, all 26cm tall. Lulu LSA champagne flutes, £40 for 4, Waitrosekitchen.com







# **Happy Eating**

#### What we're up to this month



#### Natasha, editor

I'm determined to jazz up my mid-week dinner repertoire - it's all too easy to cook the same four dishes all the

time. 2016 is going to be the year I try something different every week; luckily we've got loads of ideas to get started with in this issue.



#### Holly, deputy editor

I recently moved into a new house with a garden (yippee) and want to grow as much as possible. I've got my

garlic and onions in, and am looking ahead to some serious Spring sowing. The challenge is to stay patient and not pull things out of the ground before they're ready.

#### James, editorial assistant



I'm going to get pickling. I've been reading about how pickles and fermented food boosts gut health and I'm going to give it a go. I'll

also be starting the year with lots of homemade soups as well - healthy and cheaper than shop-bought options.



**KEEPING TOASTY** 

The early winter evenings are a great excuse to hunker down in the kitchen with some real tea-time treats. Tuck-up and tuck-in to Liberty's selection of peaches in brandy, cherries in kirsch or apricots in amaretto – all beautifully packaged in the new juniper berry theme.

#### Liberty.co.uk

## **GBF's** Shopping Basket







Applewood nibbles, £2, Asda

have at hand!



Fragrant and really distinctive Bramley apple flavour. Great in bakes and cocktails.

Natural apple flavouring, £3.99, foodieflavours. com



Add a Valentine twist to your aperitif or 'wee dram' after dinner with this 'hugs and kisses' ice cube mould. Xs and O's silicone ice cube tray, £15,

oxouk.com

It's the new salted caramel! Sweet sesame and soy works really well in these traditional caramel toffee sweets. Soda Folk Craft Sodas, £1.25, sodafolk.co.uk

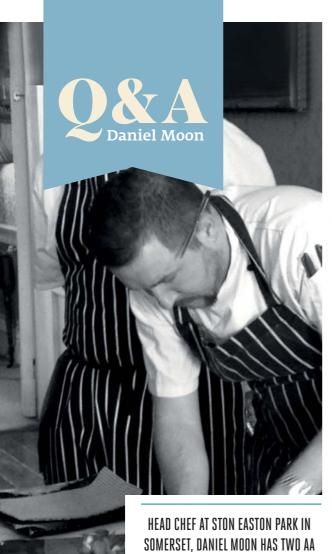
#### Cheese of the Month... **IANARK BILIF**

#### with Andy Swinscoe, Cheesemonger of the Year

Celebrate Burns Night with an iconic farmhouse British cheese, this is Scotland's answer to Roquefort; Lanark Blue created in the 1980s it soon became a modern classic. Still made on the farm by the Errington family, they use their rich sheep's milk to make this strong, powerful, blue cheese.

For more information on Andy's shop in Yorkshire visit thecourtyarddairy.co.uk





ROSETTES. HE SHARES HIS FOOD FAVES...

#### Which British region has the best food?

There is a wealth of phenomenal produce in Great Britain, from delicious Welsh



"Cupcakes are stupid. They're fiddly, stupid and a waste of space"

#### ALEX JAMES SPEAKS HIS MIND. FIND OUT MORE ON P.148

lamb or Cornish cream and dairy produce to delicious Creedy Carver duck. Up in Scotland, I am an avid fan of Stornoway black pudding and Uig Lodge smoked salmon.

#### If you had £5 to spend on ingredients for dinner, what would you cook?

Spending 99% of my life cooking rich fine food, sometimes it's nice to sit back and enjoy the simpler things. If I had £5 to spend on ingredients I would definitely go for nachos, grated cheese (melted of course) and a selection of dips.

#### Beer or wine?

A good beer is definitely the best way to relax after a long hot day slaving in the kitchen. But if we are dining out, I go for a crisp glass of Sauvignon Blanc, so it just depends on the situation and whether we're also eating.

#### Where is your favourite place to eat now and why?

The Cowshed in Bath and Bristol. I love their concept of having a top-quality butchers attached, like Ruby and White.

#### Most memorable meal?

It would have to be at Le Manoir. It fully lived up to expectations.

#### Who is your cooking hero?

I've always had the same answer to this question: Gary Rhodes. He's been a massive contributor to putting British cooking firmly on the map.

#### Cheese or chocolate?

Cheese for sure! I enjoy chocolate but you simply can't beat a wedge of good Brie or Perl Las.

#### Top cooking tip?

I always recommend people cook with ingredients that they actually enjoy. Simply cooked, with passion and love and your food is destined to be delicious.

#### 8 Great British Classics

Famous delicacies that have stood the test of time

The Pancake 1

Very simply, a fried batter of flour, eggs, milk and sugar. Recipes vary between the thicker Scotch Pancakes and traditional British drop scones, to thin and crispy crepe-inspired pancakes.

#### WHERE'S IT FROM?

Pancakes have been around almost as long as humans have been cooking over fire. The Roman writer 'Apicius' wrote a recipe for griddled pancakes in 400BC – and the technique remains largely unchanged. Most cultures have developed their own version of a pancake, from Russian blinis to Indian dosas.

#### WHY'S IT FAMOUS?

It has a day named after it! Pancake Day (Feb 9th this year) is the pre-Lent opportunity to use up rich store-cupboard ingredients like eggs and sugar. The classic Shrove Tuesday dish is a thinly fried pancake sprinkled with sugar, rolled up and doused generously in lemon juice. The joy of a pancake is it's versatility - whether they're topped with chocolate, stuffed with cheese or dotted with fruit and baked in the oven – we don't think you can too wrong with a good old pancake!





# Where to go for...

# A Valentine's treat

Spoil someone you love with an unforgettable meal at these romantic restaurants

#### 1. THE SEAHORSE

The elegant dining room at Mitch Tonk's Dartmouth restaurant is intimate and cosy. Fish is landed daily and roasted over an open charcoal fire.

seahorserestaurant.co.uk

#### 2. KINLOCH LODGE

Overlooking the Sleat peninsular, on the Isle of Skye, Kinloch Lodge's dining room has some of the most beautiful Scottish views we've ever seen – and a stunning Michelin-starred menu to match. kinloch-lodge.co.uk

#### 3. QUO VADIS

A haven from the bustle of central London, this glamorous but low key Soho-staple serves simple but expertly cooked British classics. **quovadissoho.co.uk** 





# What's on

#### Manchester Beer and Cider festival

#### 20-23 January National Cycling Centre, Manchester

Get stuck into a selection of over 350 cask conditioned real ales as well as 75 traditional local ciders and perries. The weekend is a riot of quality brews, with over 10,000 visitors expected this year — whatever your taste in beer you'll find a pint to please your palate. mancbeerfest.uk

#### Burns Night Dinner

#### 22 January Blackfirars Banquet Hall, Newcastle

A traditional Burns night dinner of Cock-a-leekie, haggis, neeps & tatties and cranachan, acommpanied by a 'wee dram' of whisky at every course. Served on long tables in the traditional surroundings of the Backfriars hall in central Newcastle.

blackfriarsrestaurant.co.uk

#### Bridgwater Food and Drink festival

#### 20 February Bridgwater, Somerset

A free festival, showcasing the best of the region's produce – from cheese, ciders, sweets, meat and dairy. It's the perfect way to spend a day with friends, and discover



some new treats at the same time. **bridgwatertowncouncil.gov.uk** 

.....

#### VegFestUK

#### 27-28 February Brighton Centre, Brighton

A celebration of all things vegan – VegFest hosts over 200 stalls selling food, gifts and vegan accessories. This year there will also be a programme of demos, talks and free advice.

brighton.vegfest.co.uk





#### **BREAKFAST WEEK**

24-30 JANUARY Shakeupyourwakeup. Com

#### HOGMANNAY DINNER, Muckrack Hotel

31 DECEMBER, Cairngorms Muckrach.com

#### WORLD NUTELLA DAY

5 FEBRUARY Nutelladay.com

## VALENTINE'S DINNER AT THE PUMP ROOM

14 FEBRUARY, BATH Romanbaths.co.uk



#### **New Bottle on the Block**



This pink gin is really refreshing, with a distinctive rhubarb earthiness to it. Walter Edward's soften the fruit by heating it in the still, before infusing the alcohol. The flavour is fresh and slightly acidic – it works well with a dash of orange bitters to bring out the citrus flavours. £34.95, warneredwards. com

## FOODIE BAROMETER

#### WHAT'S HOT

#### **BEER ABROAD**

Green King IPA sales have rocketed in China since the General Secretary shared a pint with David Cameron

#### MUM'S COOKING

Home-made meals could reduce the risk of diabetes by 13%

#### A GOOD OLD CUPPA

Drinking three cups of tea a day could strengthen bones, according to a recent survey

#### WHAT'S NOT

#### IMPORTED CUCUMBERS

The native British cucumber is under threat from cheaper imports - let's buy British!

#### **PERFECT VEG**

Asda is leading the way in selling misshapen veg to reduce waste on farms

#### **SHOPPING LISTS**

We're more likely to impulse buy than to have a shopping list, according to the Co-op



Delivery box company Abel and Cole has launched boxes of British game to coincide with the winter season. Boxes will include a selection of wild pigeon, partridge, rabbit, pheasant and venison. The meat is all raised on a single Hampshire farm where they roam the land freely. Boxes are available until 28 February and contain three cuts of meat every week for £15. abelandcole.co.uk

#### Three British charcuterie



Cured British pork with red wine and fennel - it's rich, herby and utterly delicious! Yorkshire salami, £7.50, yorkshirechorizo.



A development of the traditional Cumberland sausage recipe, this salami is very special.

Cumberland salami, £3.99,

Ocado & Booths

Choose from a range of salami and charcuterie from the East Anglian farm.

Suffolk Salami,
£5, suffolksalami.

co.uk



# TOAST OF LONDON

Dualit has joined forces with designer Charlene Mullen to launch the Architect toaster and kettle collection. The great thing about Dualit toasters is that you don't have to buy a new one every time they update a collection - the designed side panels simply click onto the main machine so you can swap the look whenever you want! This line drawn London design is understated and just a little bit cool! £24.95 for two panels. Dualit.com



# THE UK'S TOP 50 COOKBOOKS

Fergus Henderson's Nose to Tail Eating has been voted the UK's top cookbook, according to new foodie app 1000 Cookbooks. The site has collated recommendations from a panel of top chefs, writers, editors and professionals to draw up the ultimate cook's list. Henderson's tome on underused cuts of meat is hotly followed by Julia Child's Mastering the Art of French Cooking, Simon Hopkinson's Roast Chicken and Other Stories and Elizabeth David's French Provincial Cooking. The app ultimately aims to create a curated resource of the best cookbooks for the curious home cook. 1000cookbooks.com



# In Season

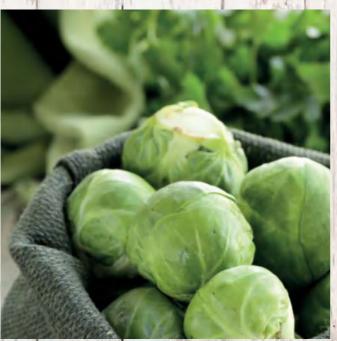
We're right in the thick of winter now, and the short days and long nights call for the best of British comfort food – that means glorious root vegetables, slow-cooked meaty stews and all kinds of fresh seafood



# ON THE MENU

- \* Carrots \*
- \* Turkey \*
- \* Mussels
- \* Cabbage \*
- \* Brussels Sprouts \*
  - \* Potatoes \*
    - \* Kale
    - \* Leeks \*
    - \* Celerv \*









#### PUMPKIN & TURKEY RISOTTO

Serves: 4 Prepare: 10 minutes Cook: 30 minutes

2 tbsps of olive or rapeseed oil 50g of butter 600g of pumpkin, diced flesh only 1 litre chicken stock 1 small onion, peeled and chopped 1 garlic clove, peeled and chopped 300g of risotto rice Sea salt and cracked black pepper 200g of leftover turkey meat, diced 50g of Parmesan, grated

- 1. Place a pan over a low-medium heat and heat the oil with 20g of the butter. Add the diced pumpkin and cook slowly for approximately 20 minutes, or until the pumpkin is soft. Add the chicken stock to the pan and heat through.
- 2. In a separate large pan, heat another 20g of the butter and cook the onion and garlic gently until soft. Add the rice, season and fry gently, stirring continuously for 2-3 minutes.
- 3. Add a large ladle of the chicken stock/pumpkin mixture to the pan with the rice. Once the rice has absorbed almost all of the liquid, add another ladleful of stock. Repeat until the liquid has been used up, stirring occasionally to stop the rice from sticking to the pan

#### **EAT IT NOW: Turkey**

As many small free-range farms produce turkeys purely to sell at Christmas, this is the only time of year to pick up prized varieties like Bronze and Norfolk Black. Quality, traditionally hung turkeys aren't cheap, but are far tastier than the commercial breeds as they will have a higher fat content and richer, gamier flavour.

PAIR WITH: bacon, fresh herbs, cheese, cranberry, greens, cream

4. Once the rice is nearly cooked, add the turkey to the pan. Continue cooking until the turkey is heated through and the rice is al dente. Remove from the heat, stir in the remaining butter and Parmesan, seasoning with salt and pepper.

5. Divide the risotto onto plates or bowls and serve immediately.

Recipe courtesy of greatbritishchefs.com

#### CRISPY SPROUT KEBABS

Serves: 6

Prepare: 20 minutes

Cook: 25

300g Brussels sprouts, trimmed and washed 1 tbsp Maple syrup

- 1 tsp rapeseed oil Salt and pepper, to taste 6 slices of air-dried ham 100g Parmesan, grated 200g panko breadcrumbs 1 lemon, zested 1 free range egg, whisked 30g plain flour
- 1. Preheat the oven to 160°C/Fan 140°C/Gas 3. In a roasting pan, drizzle the sprouts with the maple syrup, oil and salt and pepper then roast for 15 minutes.
- 2. When cooked let them cool down, then wrap the ham around the sprouts and secure by skewering each one with a cocktail stick.
- 3. Place the flour and egg in separate bowls and mix the breadcrumb, lemon zest and cheese together in another. Dip the sprouts in the flour, then dip in the egg and roll in the breadcrumb mixture.
- 4. Put the breaded sprouts on some baking paper and cook in the oven at 190°C/Fan 170°C/Gas 5 for 8-10 minutes. Serve immediately with a dollop of crème fraiche or Greek yoghurt on the side for dipping. Now add the carrots and celeriac with a little salt and lower the heat.

#### SPICED DUCK POT ROAST

Serves: 4

Prepare: 10 minutes Cook: 3 hour 20 minutes





#### EAT IT NOW:

#### Red Cabbage

While other types of cabbage require speedy cooking, red cabbage benefits greatly from slow and low braising – becoming rich, sticky and delicious. Paired with orchard fruits and fragrant spices, as in this dish, the aroma is wonderfully Christmassy. PAIR WITH: apples, pears, port, dried fruit, fennel seeds, mayonnaise

cooking for 1½ hours, remove it from the oven and place the browned duck pieces skin-side up on top of the red cabbage mixture. Place the dish back in the oven, covered, for a further 1½ hours until most of the liquid in the pot has reduced.

6. Don't be afraid to give the cabbage under the duck a little stir or shake a few times during cooking. After enjoying the aromas for a few hours, you'll be left with delicious sweet and sour red cabbage and meltingly soft duck on top. Add a little more salt to the cabbage if you think it needs it. Serve with some crunchy sautéed potatoes.

#### RICH OXTAIL STEW

Serves: 4 Prepare: 20 minutes Cook: 4 hours, 25 minutes

2 kg oxtails, trimmed of fat and cut into 4-5cm pieces Salt and freshly ground black pepper 3 tbsps rapeseed oil 2 carrots, roughly chopped

2 celery sticks, roughly chopped ½ a leek, roughly chopped 2 onions, roughly chopped

3 sprigs of thyme 3 bay leaves

2 garlic cloves, peeled and roughly chopped

500ml red wine 500ml beer 1 litre beef stock

400g tin chopped tomatoes

To finish the stew: 4 tomatoes 1 carrot, finely chopped 1 leek, finely chopped, white section only 2 celery sticks, finely chopped Fresh parsley, chopped

400g red cabbage, tough core removed and sliced into long

2 onions, peeled and thinly sliced 3 garlic cloves, peeled and finely chopped

1 Granny Smith apple, peeled, cored and roughly chopped 180g seedless grapes 50g dried cranberries (or 65g

fresh) 1 pinch of ground cloves 1 pinch of ground cinnamon

1 pinch of ground nutmeg 100ml red wine

3 tbsps sherry vinegar Salt and freshly ground black pepper

4 duck legs, thighs attached

1. Preheat the oven to 160°C/Fan 140°C/Gas 3. In a large, flameproof casserole dish that has a lid, mix together all the ingredients except the duck along with a couple of generous pinches of salt and a few grinds of a pepper mill.

2. Put the dish on a low heat on

the hob just to get things bubbling, then pop in the oven, lid on, for 1½ hours. Give everything a stir a couple of times during the cooking time.

3. Meanwhile, trim the duck legs of any excess skin or fat and score the surface of the skin with a sharp knife, taking care not to pierce the flesh, only the skin. (Scoring helps the fat to be released and encourages browning.) Season the duck with salt and black pepper and in a dry non-stick frying pan, brown the pieces of duck on a medium heat, skin-side down.

4. Don't crowd the pan, so do it in batches if you have to. The duck will release a lot of fat, so drain it off as you go (keep it in the fridge for delicious roast potatoes) and continue browning for about 7 minutes until most of the fat has rendered and the skin side is a deep golden brown colour.

**5.** Quickly seal the other side for a couple of minutes and set aside on a plate. After the cabbage has been "When buying oxtails, try to get the thick end of the tails – these have more meat and less bone so are more satisfying. Oxtail is surprisingly fatty, so trim off as much fat as possible from the pieces, getting in with your knife as best you can"



On our shelves at this time of year the larger, more mature carrots are pulled from the ground in late summer and autumn, then stored for use throughout the colder months. They're bigger and bulkier than the more delicate early carrots, but no less versatile and delicious. PAIR WITH: brown sugar, honey, sultanas, walnuts, coriander, orange, sweet spices



Preheat the oven to 160°C/Fan 140°C/Gas 3. Season the oxtail with salt and black pepper.

- 2. Heat the oil in a large, flameproof casserole dish that has a lid (it needs to be able to fit 2 litres of liquid plus lots of veg and oxtails, so the bigger the better) and brown the oxtails in a couple of batches on all sides. You'll need to spend 2–3 minutes on each side to get a good colour.
- 3. Transfer each batch to a bowl and set aside and keep warm. Add the carrots, celery, leek and onions to the pan with the thyme and bay leaves. Gently cook these for 10–12 minutes on a moderate heat until the onions have softened and are starting to brown at the edges. Now add the garlic and cook for a couple more minutes.
- 4. Pour in the wine, beer, stock,

chopped tomatoes and some black pepper. Don't add any salt yet as the sauce will be reduced later which will intensify all the flavours – we'll only add salt at the end. Now return the browned oxtail and any collected juices to the pan. Bring the stew to simmering point and pop the dish in the oven with the lid on for 3/2 hours.

5. The oxtail will now be extremely tender; remove the pieces carefully from the pan and set aside on a plate. Sieve the sauce into a bowl using the back of a wooden spoon to push through all the liquid you can from the cooked vegetables. Discard the drained vegetables then return the sieved liquid to the dish and reduce it until it's the consistency of single cream and rich inflavour. This may take up to 20 minutes. Now add a little salt if

you feel it needs it.

- 6. Meanwhile, with the point of a knife, make a cross at the base of each tomato. Put the tomatoes in a heatproof bowl and pour over boiling water until they are submerged, then leave them for 1 minute. Drain and cool them under cold water. The skins should now slip off.
- 7. Cut the tomatoes into quarters and remove the seeds, then chop the flesh into small pieces. Put all the finely chopped vegetables into a small saucepan. Add 2 tablespoons of water and cook on high heat, with a lid on, for 3–4 minutes until the vegetables have softened slightly.

Last three recipes taken from Ultimate One-Pot Dishes by Alan Rosenthal (£9.99, Ebury).



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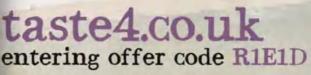
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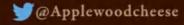
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# Valentine's KITCHEN

With Hugh Fearnley-Whittingstall's anti food waste campaign putting pressure on the supermarkets, Valentine Warner has some tips for throwing away less in your own home

No one is so busy that they need to speed up their vegetable peeling so much that they don't have time for wonky veg. Nevertheless, given the choice, consumers will always go straight for the straight carrots, or a least this is what we are told by the supermarkets – their reason to decline the kinky and leftfield.

I have seen some flimsy programming following bemused chefs searching market rubbish bins in the hope of a good cook-up for a moral meal, but thankfully Hugh Fearnley-Whittingstall has declared his War on Waste; a scathing scrutiny of the criminal practices

of food waste, from harvest to home. Yearly we discard, destroy or bin a mind-boggling, heart-breaking amount of food, that makes a mockery of anyone saying 'I'm starving'.

Certainly the inexcusable, cosmetic 'earthnic cleansing' starts with the dictatorships of the big food corporations at harvest, but I want push a few thoughts forward to do with home waste.

#### Wasting away

Rule number one! Use your senses – they are as important in the kitchen as the knife, pan and spoon. Use-by dates are a guideline not a fact.

Your ears will hear the gentle fizzing of fermentation, your eyes will judge whether a mould can be spooned away, and your nose will understand whether to wash something before having another smell. Touch will

see your fingers sink into any rot and your brain will decide whether it can be cut out. Do not follow bestbefore labels towards the Bin Liner of Ultimate Doom.

Understand your fridge! Do an inventory and plan your meals. Don't freestyle shop! Stuffing new food into the front of the fridge becomes the equivalent of a bulldozer pushing rubbish into landfill, items at the back becoming forgotten for the bling at the front.

Think before you toss something away. Stale bread makes a great queen of puddings. Bones make good soup. Wrinkled parsnips may resemble a witch's finger. but peel them and they will be fine and sweet as ever.

2 for 1 deals...one to use and one to chuck, perhaps? When you think it's time to shop just think again. It probably isn't. None of us has the right to waste food and making something good from 'nothing' is the most rewarding form of cooking.



.LUSTRATION:LOUISE ABBOTT

"When you think it's time to go food shopping just think again. It probably isn't"



# CALON WEN

# A timely tale for romantics

Calon Wen is a leading organic brand in Wales. Its name means white (wen) heart (calon). And "calon" is at the heart of what the company is all about.

"Our cows graze clover rich organic pastures" explains Dai Miles, cofounder and managing director at Calon Wen. "The farmers take great pride and pleasure in producing a high quality produce for our customers."

February of course is the month where lovers celebrate St. Valentine's Day. The Welsh can't wait until February! Dwynwen, the patron saint of Welsh lovers is celebrated on the 25th of January each year. Legend has it that she'd set her heart on marrying a handsome young man called Maelon but her father had arranged for her to marry someone else. Broken hearted, she was visited by an angel and granted three wishes one of which was that everyone would find some happiness and love

Today's young lovers often talk about their hopes and dreams over a romantic meal. Picture the scene: you have just enjoyed a candlelit dinner, you pour a glass of Merlot, you un-wrap Calon Wen's Preseli Blue cheese from the parchment, and as you present it on a platter of Welsh slate you tell the story of how the mystic blue stones of the Preseli hills inspired its creation. A sure way of winning someone's heart!

And Calon Wen is a winner. Its Crumbly Caerffili recently won a Gold Award at the prestigious Cheshire County Show. Said a proud Dai Miles "We are constantly looking to expand our premium product range so that even more customers can experience the quality of our pure organic Welsh milk".

Of course, you don't have to be Welsh to enjoy Calon Wen's dairy products. A selection of the range is now available from on-line supermarket Ocado as well as from their own on-line shop. From cheeses to creamy churned butter the organic goodness of the milk from the Calon Wen family of cows is now only a click away for the romantics as well as

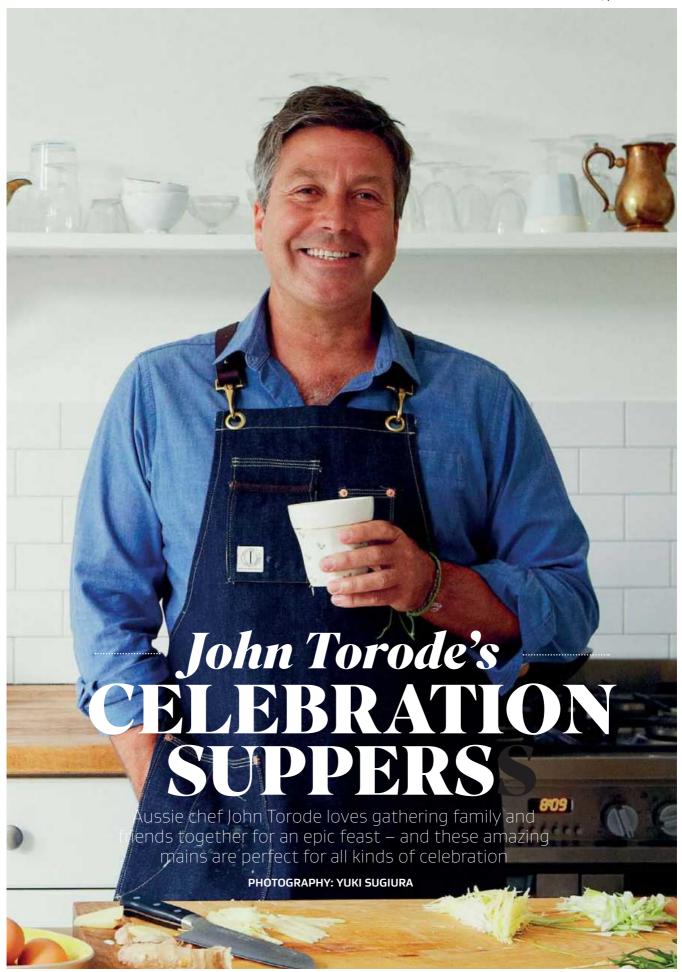




the ever increasing health conscious customer.

And so it's the end of your romantic evening, time to pose for a selfie with your loved one – and remember – say "cheeeese". Calon Wen of course!

-FOR FURTHER INFORMATION, VISIT WWW.CALONWEN-CYMRU.COM-









#### POSH CURRY CUTLETS

Serves: 6–8 Prepare: 15 minutes, plus resting time Cook: 45 minutes

2 x 8-bone racks of lamb, trimmed 24 Charlotte potatoes, peeled 1 x 400g tin chickpeas, drained 200ml thick Greek yoghurt Small bunch of coriander, chopped

For the Madras paste: 1 tsp ground cardamom 2 tsps ground cinnamon 2 tsps fenugreek seeds 1 tsp black peppercorns 2 tsps garam masala 4 tsps coriander seeds 1 tsp ground turmeric 1 tsp fennel seeds 2 tsps mustard seeds 2 tsps dried chilli powder 1 onion, peeled and chopped 6 garlic cloves 8og fresh root ginger, peeled 50g butter 50ml vegetable oil 150ml brown malt vinegar

"There won't be any leftovers when you serve this clever, easy-to-cook dish to your friends. Once cooked, the curried racks of lamb can either be sliced into cutlets or served whole as a grand centrepiece"

- 1. Start by making the paste. Put all the spices in a dry pan over a high heat and toast for about 2 minutes until they colour and become fragrant. Grind them to a powder using a mortar and pestle or a spice grinder (a food processor doesn't do the job).
- 2. Using a mortar and pestle or food-processor, purée the onion, garlic and ginger. Place a large, heavy-based frying pan over a medium heat add the butter, oil and
- the purée and cook for 2 minutes. Add the ground spices and vinegar and mix to a paste. Bring to the boil, then reduce the heat and simmer for 5 minutes, until bubbling, fragrant and the paste starts to split.
- 3. Heat the oven to 200°C/Fan 180°C/Gas 6. Score the fat on the racks of lamb deeply. Place the racks, fat-side down, in a cold frying pan. Turn the heat up to medium and leave for a good 5 minutes,



until the fat renders and your kitchen smells of roast lamb.

4. Meanwhile, par-cook the potatoes in a large pan of boiling water for just 10 minutes. Drain and transfer the potatoes to a roasting tin. Add the chickpeas and a tablespoon of the curry paste and mix well. Spread the mixture evenly over the roasting tin. Rub the remaining curry paste all over the lamb and then put the racks of lamb fat-side up on top of the

potatoes. Cook in the oven for 25 minutes (do not open the oven door). Yes, 25 minutes.

**5.** Remove from the oven and leave the lamb to rest for 10 minutes. Mix the potatoes and chickpeas with the yoghurt and coriander, then tuck in.

ROAST CHICKEN WITH CRÈME FRAÎCHE, NEW POTATOES & WATERCRESS Serves: 6 Prepare: 15 minutes, plus resting time

Cook: 1 hour, 30 minutes

1 large chicken, about 1.5kg 200g crème fraîche ½ lemon 4 tsps vegetable oil 500g new potatoes 100g watercress Salt and freshly ground black pepper

- 1. Heat the oven to 200°C/Fan 180°C/Gas 6. Season the inside of the chicken with salt and pepper, then spoon the crème fraîche into the cavity. Plug the end of the chicken with the lemon half. Rub the chicken with some of the oil, season well and then place in a roasting tin, breast up.
- 2. Roll the potatoes in the remaining oil and then scatter around the chicken. Place the chicken in the oven and roast for 1 hour 10 minutes without opening the oven door. Leave it.
- 3. Pick the largest stems off the watercress and put the lot into a large bowl filled with cold water. Push the watercress under the water and place the bowl in the fridge. The clean watercress will float to the top while all the dirt will sink to the bottom.
- 4. Take the chicken out of the oven. Pour the crème fraîche out of the chicken over the potatoes in the tin, then turn the chicken upside down onto a board and leave it to sit for 10 minutes so that all the juices flow back into the breast. It will be done.
- 5. Meanwhile, place the tin over a medium heat and bring to the boil, stirring the potatoes around the tin so all the lovely sticky bits come off the sides of the tin and make the sauce. Take it off the heat. Lift the watercress out of the bowl and shake off the excess water. Put the chicken and potatoes onto a large platter, scatter over the watercress and pour yourself a congratulatory vat of wine.

#### MY, MY CHICKEN PIE

Serves: 8
Prepare: 20 minutes
Cook: 1 hour, 20 minutes

1 large chicken, about 1.5kg 2 bay leaves 1 large onion, peeled and chopped 1 garlic clove, peeled and chopped 1 chicken stock cube 1 litre milk, plus extra for brushing 2 leeks, diced 300g button mushrooms 50g butter 50ml water 50g plain flour, plus extra for dusting 200ml double cream



- 1. Heat the oven to 200°C/Fan 180°C/Gas 6. Drop the chicken into a really large pan with the bay leaves, onion, garlic and stock cube and season. Add 500ml of the milk and then top up with water to cover the chicken. Bring to the boil and then slowly simmer for 30 minutes.
- 2. Remove the chicken and leave to cool breast-side down on a plate. Strain the cooking liquid, keeping back 500ml. Throw away the rest. Meanwhile, in a large sauté pan, cook the leeks and mushrooms in the butter over a medium heat with the water until soft. Add the flour and stir to make a paste (a roux), then slowly add the remaining 500ml of milk and the reserved cooking liquid, stirring all the time to make the sauce. Bring to the boil and the sauce will thicken to a sticky, custardy consistency, then stir in the cream.
- 3. Peel the skin off the chicken and throw it away (it's not nice in a pie). Strip the chicken carcase of all its meat and tear into thumb-sized pieces. Drop the chicken into the leek and mushroom sauce, add the parsley, season and stir it all together. Spoon the pie filling into a lasagne dish and leave the mixture to cool a little.
- 4. On a lightly floured worktop, roll out the pastry until it's the size of the top of the dish. Lift up the pastry using the rolling pin and cover the dish. Brush with milk and stab the middle of the pie a few times to make holes to let the air out
- **5.** Put the pie on a baking sheet and into the oven it goes. Cook for 30–35 minutes until golden and bubbling around the edges. A pie must be served with tomato sauce and be careful, the pie will be really hot.

## BAKED COD, TOMATOES, LEMON & OLIVES

Serves: 4

Prepare: 20 minutes Cook: 30 minutes

24 cherry or pomodorino tomatoes, halved







2 banana shallots, peeled and cut into quarters
150g each of black and green olives
50ml rapeseed oil
4 x 180g hunks of cod, skin on
1 lemon, cut into 4 thick slices
Salt and freshly ground
black pepper
Rock salt, to serve
Handful of flat-leaf parsley,
roughly chopped, to serve

- 1. Heat the oven to 200°C/Fan 180°C/Gas 6. In a bowl mix the together the tomatoes, shallots, olives and half the oil and season with salt and pepper. Mix it all together. Pour into a baking tray and slide the tray into the hot oven. Leave the veg to roast for 20 minutes.
- 2. The toms will soften, the shallots will roast and brown, and the olives will shrivel and become strong and

"Pies are my guilty pleasure. It's the pastry – the thick pastry, not cooked until perfectly crisp all the way through, no no no, but with ripples and dimples of what I call 'sog'. Yes, please"

salty. Take the tray out and rest it somewhere safe. Rub the cod all over with a slice of the lemon, now lay the lemon slices on top of the tomatoes and place a piece of cod, skin-side up, on top of each slice. Rub the remaining oil over the skin. Slide the tray back into the oven for 10 minutes, no more.

**3.** Take the tray out, lift the cod

gently onto warm dishes, discard the lemon, peel the skin off the fish and throw that away too. Sprinkle the fish with a little rock salt. Pour the tomato mix into a bowl, and using a fork, sort of squash the tomatoes a little so they become a chunky sauce. Spoon the tomatoes over the fish and scatter over the parsley if you want to be fancy.

# Could You Hack It As A Food Producer?

Does your signature steak pie elicit gasps from your family; are you often told your homemade sourdough is so good you should sell it? The idea of turning a cooking hobby into a proper business has likely occurred to many cooks, but just how feasible is it? Lizzie Enfield speaks to some of the UK's most successful startups to find out

'm sat in a café in Brighton, one which sells local products alongside. tea. coffee and cakes: Sussex honey, Southdowns Cheese, jars of samphire, gathered from the coast. The setting prompts one of those reveries my friends and I are fond of – the "we could give up our jobs and do something like this" dream. Perhaps I could install a beehive on the flat roof of the kitchen and make honey? Or keep a goat in the back garden and produce cheese? Or buy a strip of land, plant vines and

no-brainer. "People will always need food," I pronounce confidently. But I'm all hot air and never get round to using it to make the dough rise in the artisan bakery "I could" start up. Others are more proactive. Food startups are burgeoning business fuelled by a demand for organic, natural and luxury

popularity of pop ups and coffee shops.

Government-backed loans company Startup Direct, which offers loans and advice to would-be entrepreneurs, says the number of people approaching them, with a view to launching food startups, has more than doubled over the past year. In



2015 seven percent of all business enquiries were from the food and drink sector. In 2016 that rose to 16 percent.

"A growing awareness of health and quality puts small producers in a very strong position," says Raj Tandon, a business advisor for Startup Direct. "They are not competing with mass produced foodstuffs but producing an alternatives which appeal to increasingly discerning shoppers. Supermarkets like Sainsbury's and Waitrose are taking note and stocking a wide range of these artisan products alongside the bigger brands."

Startup has helped a range of food businesses get off the ground and on to the shelves, including Pip&Nut nut butters, healthy popcorn brand Propercorn, SaVse

For Sale

raw smoothies, Tea Monkey, Barney's Beer... I could go on, but you get the picture and it's a changing one. Browse the shelves of your local deli, health store or supermarket and you'll see a lot of new brands popping up alongside the old favourites.

#### **Making Better Butter**

Just over a year ago, Julie Morgan and Peter Kearton launched their Melyn Mon flavoured butters from a premises in Anglesey and have recently been awarded 2 stars for their Shiitake Mushroom variety in the Great Taste Awards, "The idea emerged when we ran a tea room and used to make up batches of flavoured butters the night before to speed up service. We thought they would make a great product in their own right and began developing them with help from the Food and Technology Centre

> in Anglesey, then selling them locally," says Julie. It was a gap

## "Once you start talking about it, starting a food business always seems like a no-brainer"

in the market which led Gail Brown to establish Thornleys Natural Foods in 2013. The Lancashire-based family-run company produces a range of 100% natural, powdered sauce and recipe mixes, which are also gluten free. Already Thornleys have over 80 stockists across the UK.

"My daughter and I are both coeliac," says Gale. It was the difficulty of finding gluten free powdered sauces that led me to create my own, but it was important to get the marketing right. Our research showed that people weren't particularly interested in the gluten free aspect of the products, but they





liked that they were made with natural ingredients and without additives. Most importantly, they tasted good!" Gail began developing the products with help from Manchester Metropolitan University but, for many people, knowing where to start or even think about starting is what stops their brilliant ideas from coming to fruition.

However, there are plenty of places to go. Richard Branson is on the lookout for foodie entrepreneurs and his Virgin Startup Foodrepreneur Festival champions British culinary creatives, helping get their products into the US. The London-based Food Start-Up School runs events designed to help people get going and the Guardian includes a number of food related talks in its popular Masterclass series. Plus. there are agricultural and FE colleges, universities and other institutions with know-how waiting to be tapped.

"Just ask around," says Gail Thornton. "I approached the local environmental health department, because I didn't want to get any thing wrong and they could not have been more helpful."

#### **Outside The Box**

Of course, not all food business involves actually making things. It's also about linking people with products and there's a wealth of opportunity for delivery and web-based businesses out there too. Recent additions to the latter include successful websites like Restaurants Brighton, a popular

food listings and restaurants guide, Graze.com, which delivers snacks to your home or work and – one for food entrepreneurs themselves – Kitchup, an online marketplace that matches vacant kitchen spaces with food businesses that need them. Kitchup's founder Charlie Jones, who has a background in catering for hotels, restaurants and private jets, says sharing is at the heart of its ethos.

"Whether it's sharing physical space or your knowledge and expertise, it can be of great influence and benefit to others. It costs about 30K to build premises but Kitchup operates a bit like Airbnb, putting punters together with kitchen spaces." Whether it's a commitment to sharing, to regional produce, to natural ingredients or to matching people and products, all of the foodie entrepreneurs I have spoken to have one thing in common; a clear vision, which they have stuck to.

"What is important is to work from the heart. We are doing what we are passionate about, in the way we believe it should be done," says Linus Gorpe, founder of The Raw Chocolate Company, which makes a unique brand of 'raw' chocolate, using cacao that has been sun dried, rather than heat treated, to keep processing to a minimum.

The company received a boost in 2015 after Linus appeared on Dragon's Den, securing rare support from all of the Dragons, who were won over by Linus' personal enthusiasm.

"The trick is to just start.
Don't worry about how you will
get there or even what the end
point is. I didn't know there
was a market for this type of
chocolate, I just knew that I loved
it. So I started off on a journey,
discovering and learning lots
about food that made me feel
good, making raw chocolate and
how to run a business."

After speaking to so many successful food entrepreneurs, I'm still dreaming of doing something myself, but am yet to come up with an innovate idea. Then, while sitting drinking tea, I ask my daughter to pass me

a Jaffa cake. She throws it and it lands in my tea, producing a rather delicious chocolate orange flavour. Could cake and biscuit flavoured teas be the next big thing? My daughter thinks not and perhaps she's right. But if you've got a brilliant idea, it's time to thinking about making it a reality.

# TOP TIPS FOR WANNABEE ENTREPRENEURS

"Ask yourself is it viable? Is there a real market for your product? Find out."

Raj Tandon, Startup Direct.

"Make sure you know what your bottom line is and don't leave anything out when you are calculating costs or your profits will be skewed." Julie Morgan, Melyn Mon Butter.

"Believe in what you do, if you don't why should others? Be proud of where you have got to even if at times it feels like an uphill struggle."

Gail Brown, Thornleys Natural Foods.

"Ask yourself: will this make me happy? If yes, then enjoy what you do and relax."

Julie Morgan, Melyn Mon Butter.



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6 good tbsps golden syrup 175g self-raising flour 50g caster sugar 75g shredded vegetable suet 1 tsp vanilla extract About 150ml milk

1. You will need a 1.1 litre pudding basin, greased. Measure the golden syrup into the bottom of the basin. 2. Mix the flour, sugar and suet together in a mixing bowl. Add the vanilla extract and enough milk to bind to a soft dough. Pour into the basin on top of the syrup. Cover with greaseproof paper and seal the top with a foil lid.

3. Put the basin in a stainless steel saucepan with a tight-fitting lid. Fill with enough water to come halfway up the basin and bring to the boil on the Boiling Plate or a conventional hob for about 8 minutes.

4. If using an Aga, transfer the pan, water and basin to the floor of the Simmering Oven and cook for about 3½ hours until the pudding is nicely risen and firm to the touch. If using a conventional oven, cook on the hob for the same amount of time, occasionally checking on the level of the water in the pan, topping up when needed with more boiling water.

5. Turn the pudding upside down on to a plate so that all the syrup runs down the sides. Serve warm with custard and more warm golden syrup, if liked.

#### WINTER WELSHCAKES

Makes: 20

Prepare: 15 minutes Cook: 6 minutes

350g self-raising flour 2 tsps baking powder 175g butter 115g caster sugar 100g currants 1 level tsp ground mixed spice 1 free range egg 2 tbsps milk A little caster sugar, for dusting

- 1. If you are cooking on the Aga, lift the lid of the Simmering Plate to cool the plate for about 10 minutes (depending on the heat of your Simmering Plate).
- 2. Meanwhile, measure the flour and baking powder into a large bowl and rub in the butter until the mixture resembles fine breadcrumbs. Add the sugar, currants and spice. Beat the egg

mixture to form a firm dough. 3. Roll out the dough on a lightly floured work surface to a thickness of 5mm and cut into rounds with a 7.5cm plain round

cutter. Re-roll the trimmings and continue pressing out with the cutter.

4. Grease the Simmering Plate lightly with oil or if using a conventional oven, heat and lightly grease a griddle or heavybased frying pan (preferably nonstick). Cook the cakes for about 3 minutes on each side until golden brown. Be careful not to cook the cakes too fast, otherwise they will not be cooked through.

5. Cool on a wire rack, then dust with caster sugar.

#### TREACLE PUDDING

Serves: 6

Prepare: 15 minutes Cook: 3 hours, 40 minutes "Here's some great pub food without having to do any walking!
Do feel free to replace the puff pastry with shortcrust. Serve with a nice heap of garden vegetables"

#### STEAK & ALE PIE

Serves: 4-6 Prepare:

Cook: 2 hours, 35 minutes

2-3 tbsps sunflower oil 500g stewing steak, cubed 1 large onion, peeled and chopped

2 tbsps flour

1 × 500ml bottle of local ale Salt and freshly ground black pepper

225g button mushrooms, quartered 280g all-butter puff pastry Beaten egg, to glaze

**1.** You will need 4-6 individual pie dishes or 1 large 1.75 litre pie dish.

2. Measure the oil into a pan. Add the steak and quick fry on the Boiling Plate or hob until browned – you may need to do this in batches. Remove with a slotted spoon and set aside.

3. Tip the onion into the pan and fry for a few minutes. Add the flour, stir and cook for a minute, then slowly stir in the ale. Return the meat to the pan, season and add the mushrooms. Bring to the boil, cover with a lid and transfer to the floor of the Simmering Oven for about 2 hours, or until the meat is tender. If using a conventional oven, cook slowly at 160°C/Fan 140°C/Gas 3 for about 2 hours or until tender. Turn into a pie dish and leave to cool.

**4.** Roll out the pastry to cover the top and then glaze with the beaten egg.

5. Place on the grid shelf on the floor of the Roasting Oven and cook for 20–25 minutes until the pastry is golden brown and the meat heated through. If using a conventional oven, increase the temperature to 220°C/Fan 200°C/Gas 7 and cook for about 20–25 minutes.



#### TOAD IN THE HOLE

Serves: 6 Prepare: 15 minutes Cook: 55 minutes

2 tbsps sunflower oil12 good-quality pork sausages

For the batter: 75g plain flour 2 free range eggs 150ml milk Salt and freshly ground black pepper

- 1. Lightly grease the small roasting tin with oil around the base and sides.
- 2. To make the batter, measure the flour into a bowl. Make a well in the centre and add the eggs. Whisk with a hand whisk and gradually add the milk until combined to give a smooth batter. Season with salt and pepper.
- 3. Sit the sausages in the roasting tin and roast on the second set of runners in the Roasting Oven for about 25 minutes, until golden on one side. If using a conventional oven cook at 200 °C/Fan 180 °C/Gas 6 for the same amount of time.
  3. Drain half the fat into a bowl, turn the sausages over and pour the batter around the sausages. Return to the same position in the oven for about 30 minutes, or until the batter is well risen, crisp and golden brown.



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# Get in touch

Send us photos of your homemade dishes, your restaurant and deli discoveries, share cookery tips or send us letters and emails – we love to hear from you!



WRITE IN: Great British Food, 25 Phoenix Court, Hawkins Road, Colchester, Essex, CO<sub>2</sub> 8JY



I've noticed that everybody is obsessed with gin lately, with lots of new distilleries popping up all over the UK and trendy bars infusing drinks with all manner of ingredients and botanicals. I once made my own sloe gin, but that's how far my cocktail experimentation has stretched. Have you got any tips or recipes to share for some gin infusion inspiration?

#### Daniel Hewitt, via email

That's a great idea, Daniel. Adding extra aroma or flavours to your gin is good fun, relatively easy and it only takes a short amount of time for ingredients to steep. Your experience with sloe gin will put you in good stead, as most infusion recipes are done in much the same way – you just need to know the best time of the year for picking berries, vegetables and fruits. Rhubarb gin is fantastic for the winter months and its pink hue looks stunning. It is also a guaranteed talking point at parties. Simply leave some chopped rhubarb in a kilner jar with your gin for around three days and that should do the job! Taste it each evening to see if the rhubarb flavour has mixed in nicely. We love raspberry infusions, too. Just make sure you strain out the leftover fruit when transferring the gin back into a bottle.



### YOUR Newcastle

Newcastle upon Tyne is having a bit of a foodie moment; everywhere you look there are interesting restaurants, pubs, cafes and delis opening. Here are some of your favourite places to grab a bite

#### @frenchoven

We are an artisan baking in Newcastle upon Tyne's Grainger market. Voted the best bakery in England and Wales 2014. Give us a try!

#### @EandGeats

The Pink Coffee Cafe opposite Newcastle station – porridge with berries, toasted ham and cheese croissants

#### Hilary Arnold, via Facebook

Couldn't recommend the SIX at Baltic enough; fantastic views and absolutely amazing food and cocktails!





#### READER RECIPE

I make this tomato soup with a soup maker, but you could do it in a pan and blend it until it's smooth, too. Quick, easy, healthy and kids love it!

Vegetable or chicken stock
2 large tins of chopped tomatoes
1 carrot, grated
2 sticks of celery, slightly peeled
and chopped
1 onion, chopped
Pinch of sugar

Lisa Horlick, via email



Most of us will enjoy more finger food during the celebration season than at any other time of the year. Make sure you construct canapés to remember with our advice from the experts



Around this time of year you often need to rustle up a few nibbles at the drop of a hat, especially when hosting an impromptu festive gathering! My top tip would be to make sure you have oatcakes in the

cupboard (Nairn's are my favourite) because they are incredibly versatile. A Hamilton family canapé topping is Manchego cheese, chopped baby tomato and toasted walnuts. Cheese is protein rich, walnuts are a great source of vitamin E and heart-healthy fats, and the colourful Mediterranean tomatoes add an antioxidant-rich flavour burst. Yum! Amanda Hamilton, nutritionist



Impress party guests by adding a modern or unusual twist to classic flavour combinations that will create a talking point. I like to keep things simple and pick a really good-quality ingredient to

raise the level of the canapé from average

to outstanding! A little rare roast beef and horseradish is a classic combination – I think it is totally acceptable to buy the very best beef you can, and serve it with a pre-made horseradish sauce! I love to serve sushi, sashimi or tartare as canapés, as they are guaranteed to impress – my favourites are tuna tartare and sashimi of sea bass which I serve with fennel. I also like to source the very best Buffalo mozzarella for parties – you can't beat the flavour!

Aldo Zilli, Consultant Executive Chef for San Carlo restaurants sancarlo.co.uk



We are always trying to think of new and creative canapés and our chicken liver parfait cones are a really elegant example of this. They make people think about what they're

about to eat. Made using our edible, handmade cones, these canapés look just like a sweet ice cream treat and have become one of our most requested dishes.

Keith Goddard, Founder and chef behind Keith Goddard Catering



EMAIL: james.fell@ aceville.co.uk



@BuyBritishFood



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#### Holiday Cottages on the Isle of Skye and Lochalsh

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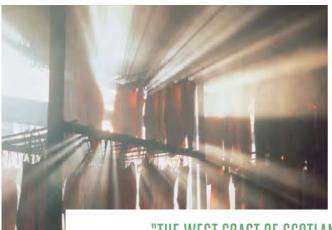
# Eat Local

A CELEBRATION OF REGIONAL FOOD, DRINK & TRAVEL



# Holy SMOKES

Smoking fish is a traditional curing technique which imparts a deep flavour and succulent texture. Here, Scotland's finest smokehouses reveal the secrets to perfect smoking





"THE WEST COAST OF SCOTLAND HAS LONG BEEN KNOWN FOR ITS SUPERIOR-QUALITY FRESH FISH AND SEAFOOD"

Lucy Burke, Inverawe Smokehouse

tarting from humble beginnings with just one smoke box, Inverawe Smokehouse has grown into one of the biggest mail order companies and most renowned smokehouses in Scotland. Its long-standing history and respect for the local area has helped the company to establish its reputation. "We source our fish from smaller farms along the west coast of Scotland," explains Lucy Burke, marketing director. "From the Shetlands in the north to our own Loch Etive located only one mile from the smokery itself."

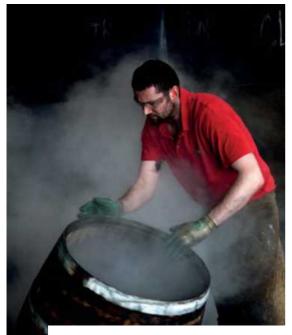
Like most Scottish produce, forces of nature and the environment are huge factors in shaping the food's character. "The cold clear waters and powerful tidal flows of the North Atlantic make for strong, prime and fresh salmon. Inverawe sits on the banks of the River Awe, which has always been a highly regarded salmon river. The west coast of Scotland has long been known for its superior-quality fresh fish and seafood."

Inverawe Smokehouse has always stayed true to its roots. The principles of smoking were passed onto its founder Robert Campbell-Preston in the 1970s. "It's these methods that give our salmon its unique flavour," Lucy explains. "We're one of the very few remaining smokehouses with fire pits specifically constructed for this traditional method."

The open oak log fires, which are carefully hand-tended 24 hours a day, seven days a week, create a smoke which penetrates the fish slowly. There are no high-tech gadgets used: just cool smoke from oak, raw materials and a craftsman's keen eye are required to produce the exquisite smoked salmon and trout.

"Most smokehouses use large mechanical kilns, where a variety of wood chippings are heated in ovens with the fish, and a timer is set. The fish can be smoked for as little as six hours, the buzzer goes off and the fish is removed. The craftsman's skill does not feature in the process." Lucy continues; "In our opinion, the final product is poorer for it. Our process of hanging fish over open fires, can see the fish being left in the smoke, gently drying and taking up the flavour over three whole days." The result is a depth of smokiness, a melt-in-themouth texture and a smooth, almost buttery after taste.

smokedsalmon.co.uk







#### "THE WHISKY-INFUSED FUEL GIVES A BOLD AND RICH FLAVOUR TO THE SALMON"

Christopher West, general manager of Hebridean Smokehouse discusses his Whisky
Barrel Oak Smoked Salmon

Hebridean Smokehouse has been smoking and curing Scottish salmon since 1983 and is still producing award-winning products in its smokehouse on the remote Isle of North Uist, in the Outer Hebrides. The pristine waters surrounding the shores are home to wonderfully fresh salmon and trout, which are caught by the local fishing fleet and brought straight to the smokery. This way of doing things has brought the smokehouse many plaudits. Manager Christopher West has now turned his attention to another Scottish trade, and is adding a new element to his smoked food, with whisky.

The epicentre of the single malt Scotch whisky world is Speyside, located roughly 200 miles from the Hebridean smokehouse in the northeast of Scotland. Dotted through this landscape, positioned on the small streams and tributaries of the major Highland river, are the distilleries that produce fantastic malt whisky. It's the art of the distiller that makes each whisky a masterpiece in its own right, but one factor is common to them all, and that's the use of oak barrels to store and mature the spirit.

#### Packed with flavour

"The barrels impart subtle flavour and colour to the raw spirit, and the choice of barrel is of great significance to the final product," explains Christopher. "A large proportion of barrels used in whisky manufacture are re-used from the production of wine, sherry and port, with the characteristics of their former use adding flavour and colour to the whisky they store."

The largest workshop of barrel coopers on Speyside is found deep in the hills around the small town of Craigellachie. Here, staff repair, modify and make new oak barrels which can have a working life of 50 years. Hebridean Smokehouse uses the offcuts and shavings to smoke its sought-after Scottish salmon.

"The whisky-infused smoke-fuel gives a bold and rich flavour to the salmon, which surprisingly has little in the way of overt whisky flavour," Chris continues. "The wood leaves the ghost flavours of fine oak that are clearly recognisable within fine malt whisky. This unique and recognisable finish separates our smoked salmon from others that use ordinary oak shavings."

In addition to using fuel from barrels, Hebridean Smokehouse also applies a small amount of whisky to the salmon fillet surface before smoking. As with the barrel oak, this leaves a trace flavour on the final product, since all but the most subtle flavour from the whisky remains as it evaporates off in the kiln.

"This exceptional smoked salmon brings together some of the most iconic flavours from Scotland to make a product that has a depth of flavour to match its unique provenance." hebrideansmokehouse.com

#### STORIES OF SMOKED SALMON

- \* Smoked salmon was brought to the UK in the late 1800's by Jewish immigrants from eastern Europe to London's East End as a preserving technique.
- \* East London smokers first got their salmon from the Baltic, until realising they could source wild salmon from Scotland. The Scottish tradition at the time was to heavily smoke other fish, like Arbroath smokies and kippers.
- \* Scottish smoked salmon is recognised as Britain's first ever gourmet food.

# ON THE ROCKS

Scotland's prestigious whisky distilleries are a huge draw for inquisitive drinkers. Here are some of our favourites

The best way to get your head around Scotch whisky is to understand the country's spirit regions, as it's divided into five key areas; Highlands, Lowlands, Speyside, Islay and Cambeltown. The same process is used to produce whisky across all of these districts, but slight variations mean each region has its own distinctive characteristics and flavours.

Scotch is also split into five categories; single malt, single grain, blended malt, blended grain and blended Scotch whisky. Each one of these styles must be aged in oak barrels for at least three years to be deemed a certified Scotch whisky – bottles with an age statement on the label are known as 'guaranteed-age' whisky.

producer, in order to create the complex and sweet flavours for which it's known. The spirit is matured in oak casks from within the traditional dunnage warehouses to create its seven distinct expressions.

glengoyne.com

#### THE MACALLAN

Another producer based in Speyside, The Macallan has grown from a small local enterprise to a globally-recognised distillery. Only 16 percent of the final distillation from the spirit stills make it into oak casks, meaning this distillery is extraordinarily selective when it comes to

# FANCY GOING ON A WHISKY PILGRIMAGE? HERE ARE SOME DISTILLERIES YOU MUST VISIT:

#### **SPEYSIDE DISTILLERY**

Although its name is synoymous with the world's most well-known whisky producing region, this distillery is actually considered one of Scotland's best kept secrets. The small, boutique distillery can be found near the tiny village of Kingussie and went into production in 1990. It initially started distilling a range of single malt whiskies, but is now solely home to SPEY, a luxury, high-quality variety. speysidedistillery.co.uk







producing its faultless drams. themacallan.com

#### **BUNNAHABHAIN**

This distillery has been a part of the island of Islay's history since 1881 and has been creating wonderful whisky ever since. The warm, welcoming taste of its outstanding whisky is due to not heating its fine malted barley too much. Bunnahabain uses its own natural spring water source and its sea-facing warehouses provide a fantastic environment for maturing the spirit.

bunnahabhain,com



# Drams of Distinction

#### OUR PICK OF DEVILISHLY GOOD DRAMS



#### **JOHNNIE WALKER BLUE LABEL**

This limited edition bottle and box makes a wonderful gift for anybody wishing to delve into the whisky world. Also available in exclusive London and Edinburgh designs, this sublime whisky's bold and silky delivery ensures that it sits firmly at the top of the inimitable Johnnie Walker output.

£49.99, Selfridges



#### **LAGAVULIN 16 YEAR OLD**

A serious Scotch with a deep complexity, just add a dash of water to really open up the flavours. Distilled from as far back as 1742, the single malt is produced on the picturesque Isle of Islay and is considered to be one of the world's smokiest whiskies.

£49.95, 31dover.com



#### THE ADMORE PORT WOOD FINISH

A unique expression with a touch of sweetness, this single malt is full of spiced fruits with a subtle smoky finish. It's a unique and premium expression and has notes of sweet red apple and honey with a smooth, lingering finish.

£49.99, thewhiskyexchange.com



#### TIMOROUS BEASTIE HIGHLAND BLENDED

This highland malt scotch whisky is created in small batches using some of Scotland's finest, including Dalmore, Glengoyne and Glen Garioch. It's sweet with barley and honey notes and tastes a bit of raisin and fudge, too.

£37.95, 31dover.com

## Something different

If whisky isn't really your thing, fear not! Scotland is also experiencing a wave of gin distillers popping up all

One worth checking out is The Glasgow Distillery Company, which launched in November 2014. Its Makar Glasgow Gin is delicious and the

Distilled in small batches in a copper pot still, named Annie, Makar is a luxuriously smooth, juniper-forward gin which contains seven other botanicals to create a yummy and harmonious balance.

glasgowdistillery.com

# WHERE TO STAY

# Make the most out of your Scottish adventure by staying at some of our favourite hotels and cottages







#### **ISLANDS & HIGHLANDS COTTAGES**

With astounding views, historical spots and fun-filled activities, visiting Scotland's west coast is an absolute must. The Islands & Highlands collection of cottages are located on the Isle of Skye, Isle of Raasay and in Lochalsh. The cottage locations make for perfect holidays, with their rugged coastlines, towering mountains and picturesque villages.

There is a huge list of properties to choose from, with each one boasting its own charm, giving you the chance to relax somewhere extra special and a little different. The cottages are self-catered, and so idyllic that we can't promise you'll want to return home!

#### 01478 612123, Ihcottages.com

#### HORSESHOE RESTAURANT AND ROOMS

Located just to the north of Peebles in the Scottish Borders, this cosy, award-winning restaurant with rooms is the perfect place to relax after a day's shopping on Edinburgh's Prince Street. Rooms are stylishly furnished and guests can kick back in a charming lounge with luxurious sofas and a quaint wood-burning stove.

The highlight is the large restaurant, which offers diners an opportunity to enjoy amazing dishes cooked by Alistair Craig, who is passionate about using locally-sourced produce, along with vegetables and herbs from the kitchen garden.

#### 01721 730255, horseshoeinn.co.uk

#### KINLOCH LODGE

The striking Isle of Skye is unlike anywhere else in the British Isles; it has over 400 miles of unspoilt coastlines, the UK's highest mountain peaks and some of the best views in the world. When visiting somewhere this special, it's essential to rest your head somewhere worthy of the natural surroundings.

Kinloch Lodge sits on the pretty shoreline of tranquil Loch Na Del and is more like a home than a hotel. Originally built as a farmhouse in the 16th century, it has been developed into a cherished family-run hotel. The restaurant is recognised as one of Scotland's best and the hotel is perfectly placed for country walks, outdoor pursuits and enjoying the island's unspoilt beauty.

#### 01471 833333, kinloch-lodge.co.uk

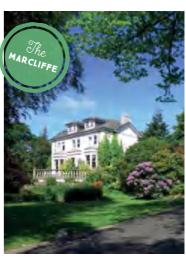
#### THE MARCLIFFE

If you're looking for an abundance of elegance, then look no further than this Aberdeenshire-based hotel. After a long day of exploring the wonders of Aberdeen, you can hit the spa for some much needed pampering and book yourself a table at the restaurant, which serves some fantastic food.

#### 01224 861000, marcliffe.com







#### WHERE TO EAT













#### WEDGEWOOD

After appearing in *The Sunday Times*' top 100 restaurants list along with three other Edinburgh-based restaurants, Wedgewood has swiftly become the hot foodie destination on everyone's lips. Head chef Paul Wedgewood forages around Scotland to create his fresh and seasonal menu and is incredibly knowledgeable about the ingredients of the land.

#### wedgewoodtherestaurant.co.uk

#### THE KILLIECRANKIE HOTEL RESTAURANT

This restaurant has earned a reputation for excellent food thanks to its mouth-watering menu, which combines local and traditional ingredients alongside contemporary flavours and healthy options. Expect to find innovative dishes such as a delicious fillet of monkfish stuffed with basil and wrapped in courgette or a memorable Perthshire lamb stuffed with red onion mousse and wrapped in Parma ham.

#### killiecrankiehotel.co.uk

#### MOONFISH CAFE

Opening its doors in 2004, this fantastic restaurant has gone from strength to strength and won plenty of admirers along the way. It sits on the medieval streets of Aberdeen's Merchant Quarter and has a great view of the Kirk of St Nicholas. There's a strong focus on modern British cuisine and simple fish dishes, and a really impressive gin list, too. Head chef Brian McLeish was placed runner-up in the 2014 series of MasterChef: The Professionals.

#### moonfishcafe.co.uk

#### THE PRINTING PRESS

One of the latest restaurants to appear on the flourishing Edinburgh restaurant scene, The Printing Press opened in late 2015 and is worthy of your attention. It pays homage to the capital's rich literary heritage and was home to acclaimed novelist Susan Ferrier in the 1780s – it's rumoured Robert Burns used be a frequent visitor too. The refurbished Georgian town house is filled with chic contemporary furnishings and its rooms are stylish and comfortable – from morning through to the wee hours.

#### printingpressedinburgh.co.uk

#### THE KITCHIN

The food served at this Michelin-starred restaurant reflects Tom Kitchin's philosophy of using the finest and freshest Scottish produce. A highlight is definitely the seafood, with amazing dishes like Six Gigas oysters from the Isle of Cumbrae adorning the menu.

#### thekitchin.com







# MACKAYS PRODUCER OF JAMS AND MARMALADE, FRUIT FARMERS IN ARBROATH



Our soft fruit farmers are based across Fife, Perthshire and Angus and we work closely with each farm to source the highest quality berries for every jar of Mackays jam. Eastern Scotland has a temperate climate, making it possible for our fruit to be grown longer. We do complain about the rain in these parts, but it certainly does make for a fantastic berry!

The area has always been renowned

for jam-making, and marmalade was first created in 1797 in Dundee. The story goes that a Spanish ship took refuge in the Port of Dundee during a storm – on board was a haul of Seville oranges which a local greengrocer purchased. On discovering the oranges were much too bitter to eat,

the grocer's wife boiled them up with sugar, creating the delicious preserve we now call Marmalade. We owe a lot to that lady!

We use the same rolling boil method that has always been used in traditional jam and marmalade making, and this is what makes every single one of our products truly memorable. We are proud of our heritage, and our products are always made the authentic way in open copper pans. Guaranteed satisfaction!

Joanne Rendall, marketing co-ordinator at Mackays shop. mackays.com

'We complain about the rain in these parts, but it certainly does make for a fantastic berry!'

Mackays



#### MACKIE'S OF SCOTLAND, DAIRY FARMERS In Aberdeenshire



The Mackie's farm, called Westertown, is based in the North East of Scotland in Aberdeenshire. The farm itself has several unique aspects that contribute to the milk—we create our ice-cream from 'sky to scoop'. The cows also contribute to the land quality, providing us with natural fertiliser.

We are powered by renewable energy and have four of our own wind turbines. Mackie's is Scotland's largest solar panel farm and our biomass system even heats the office. We started making ice-cream by hand in the corner of our dairy and we now have a small team who manage to make over 10 million litres of real dairy ice cream every year. We also have a range of chocolate and crisps.

We aim to source Scottish ingredients wherever possible and often have a specialty Scottish flavour – for example Haggis & Black Pepper – in our crisps range or a touch of malt in our chocolate. Mackie's ice cream recipe is our own original creation and the exact flavour profile is created by our particular recipe and temperature, and the fresh dairy ingredients. We have Jersey cows along with a mix of Swedish Red and Holstien breeds. Jersey cows make the creamiest milk, with the highest butterfat content.

Our company vision is to grow from the greenest company in Britain into a global brand that is still created by people having fun! We're committed to innovation and finding new products. Put another way, we are committed to the mantra of our father and late chairman, Maitland Mackie; "No change, no chance"

Karin Hayhow, marketing director at Mackie's mackies.com

#### ALBERT BARTLETT, POTATO FARMERS In Lanarkshire



The Albert Bartlett headquarters in Airdrie, near Coatbridge, is the most efficient and environmentally-friendly installation of its type in the world. The site is dedicated to looking after

the Scottish environment. Our staff had a major input in the design of a water system, whereby rainwater from the roof is used in the manufacturing process. Combining rainwater from the roof with water from our on-site borehole, we're now 99% self-sufficient in water. Different teams in the company also compete to be the 'greenest'.

We are committed to natural farming, with minimum interference and have suppliers from across all the UK, although much of the crop we use is grown in Scotland. The highly fertile soil and long daylight hours in the north make it perfect for producing potatoes, plus the huge range of growing conditions throughout the regions allows us to farm lots of different types. To supply our business, farmers must share our environmental

standards. The business is supplied by a group

of around 100 farmers, which stretches from Cornwall to Inverness. Many of these farmers have been with us for over two generations.

Uniquely in the potato industry, we grade all of our potatoes on farm before they are depart for our packing facility. This dramatically reduces the waste we receive on site, retains excess soil at the farm and increases the efficiency of our farm to factory transport.

Vari O'Neill, marketing graduate at Albert Bartlett albertbartlett.co.uk

looking after the Scottish environment'

Albert Bartlett



#### MAKE HAGGIS THE HERO

Follow the traditions of Burns Night:

#### Piping in the top table

At formal gatherings the most important guests are greeted with bagpipe music as they take their seats.

#### The welcome

A chosen speaker welcomes guests and recites the Selkirk Grace: 'Some hae meat and canna eat, And some would eat that want it, But we hae meat, and we can eat, Sae let the Lord be thankit'.

#### Piping in the haggis and address

Bagpipes announce the star of the night – the haggis! Burns called it the 'great chieftain o' the puddin-race'. The speaker reads Burns' 'Address to a Haggis', apologises for 'killing' it and then carves, to applause!

#### Toasting the haggis

Everyone toasts the haggis, each other and the evening's chef with a wee dram of whisky and a cry of 'to the haggis!' The pudding is then piped out of the room, to be prepared for dinner.

#### The lassies!

After the main meal, three entertainers sing or recite a Burns poem in turn. Then comes the tongue-in-cheek 'toast to the lassies' in the room, followed by the 'Reply to the toast to the lassies' – which gives a female representative the chance to retort and thank the speaker for his 'kind' words!

#### **Auld Lang Syne**

As the revelry draws to a close, the party joins hands and sings Burns' famous song.



## HEBRIDEAN

"The best in the World" Prue Leith
Peat Smoked Salmon & Scallops
Whisky Barrel Oak Smoked Salmon



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www.hebrideansmokehouse.com

All Mackie's Real Dairy Ice Cream is made on the family farm in Aberdeenshire with lovely fresh whole milk and cream



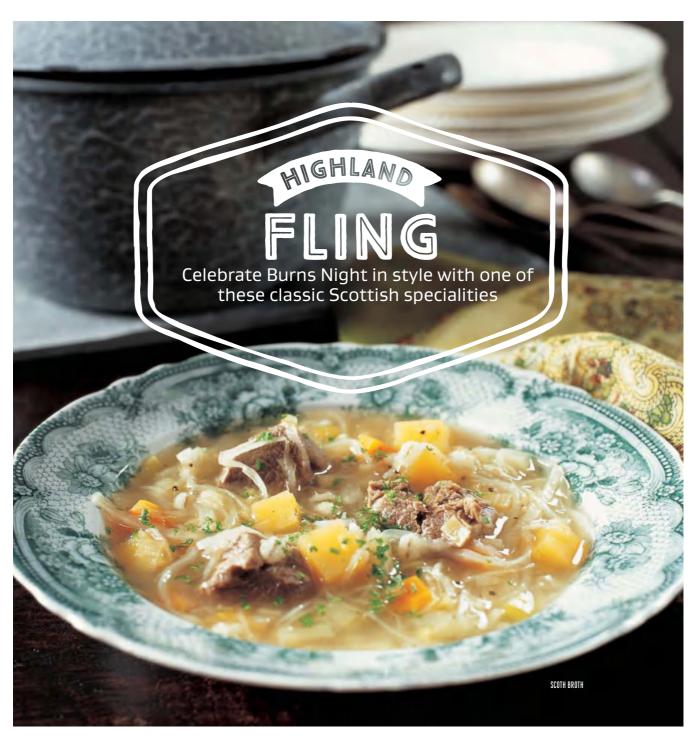


If you like ice cream, why not join us?!

Our registered Friends of Mackie's have the chance to win FREE MACKIE'S ICE CREAM FOR LIFE!

see www.mackies.co.uk for more details





#### SCOTCH BROTH

Sustaining and warming, Scotch broth is custom-made for chilly Scottish weather, and makes a delicious winter soup anywhere. Traditionally, a large pot of it is made and this is dipped into over the next few days, the flavour improving all the time

Serves: 6–8 Prepare: 15 minutes Cook: 2 hour

1kg of lamb, cut into large, even-sized chunks

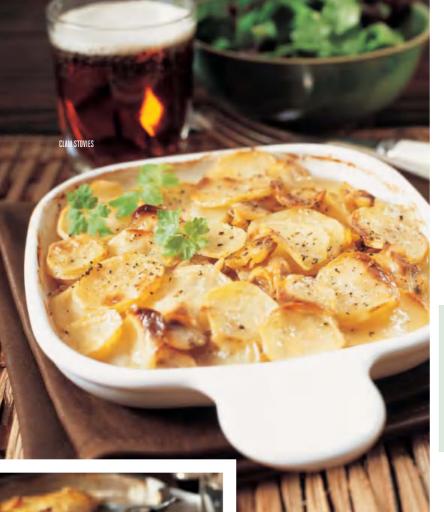
1 large onion, peeled and
chopped
5og pearl barley
Bouquet garni
1 large carrot, chopped
1 turnip, chopped
3 leeks, chopped
1 small white cabbage, finely
shredded
Salt and ground black pepper
Fresh parsley, chopped,
to garnish

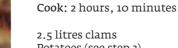
1. Put the lamb and 1.75 litres of cold water in a large pan over a medium heat and gently bring to the boil. Skim off the scum with a slotted spoon. Add the onion, pearl

barley and bouquet garni, and stir in thoroughly

2. Bring the soup back to the boil, then reduce the heat, partly cover the pan and simmer gently for a further hour. Make sure that it does not boil too rapidly or go dry
3. Add the remaining vegetables to the pan and season with salt and ground black pepper. Bring to the boil, partly cover again and simmer for about 35 minutes, until the vegetables are tender
4. Remove the surplus fat from

the top of the soup with a sheet of kitchen paper. Serve the soup hot, garnished with chopped parsley, with chunks of fresh bread.





Potatoes (see step 3)
Oil, for greasing
Fresh parsley, chopped, to
garnish
50g cup butter

50g cup butter Salt and ground black pepper

1. Wash the clams and soak them overnight in fresh cold water. This will clean them out and get rid of any sand and other detritus

2. Preheat the oven to 190°C/Fan 170°C/Gas 5. Put the clams into a large pan, cover with water and bring to the boil. Add a little salt then simmer until the shells open. Reserve the cooking liquor. Shell the clams, discarding any that failed to open, reserving a few whole 3. Weigh the shelled clams. You will need three times their weight

need three times their weight in potatoes.

4. Peel and slice the potatoes thinly. Lightly oil the base and sides of a flameproof, ovenproof dish.

Arrange a layer of potatoes in the base of the dish, add a layer of the clams and season with a little salt and ground black pepper. Repeat until the ingredients are all used, finishing with a layer of potatoes on top. Finally, season lightly

**5.** Pour in some of the reserved



cooking liquor to roughly halfway up the dish. Dot the top with the butter then cover with foil. Bring to the boil on the stove over a medium-high heat, then bake in the preheated oven for 2 hours until the top is golden brown

6. Serve hot, garnished with chopped parsley

#### HAGGIS WITH CLAPSHOT CAKE

Haggis is probably the best known of all Scottish dishes, not least because of the famous Burns poem, "Ode to a Haggis" which is recited in front of a haggis at suppers on Burns Night. This is the traditional haggis recipe served with turnip and potato clapshot — a variation on "haggis with neeps and tatties"

Serves: 4
Prepare: 20 minutes
Cook: 1 hour, 50 minutes

1 large haggis, approximately 800g 450g peeled turnip or swede, cut into 5mm slices 225g peeled potatoes, cut into 5mm slices 120ml milk 1 garlic clove, crushed with 1 tsp salt 175ml double cream Nutmeg, freshly grated Ground black pepper Butter, for greasing

1. Preheat the oven to 180°C/Fan 160°C/Gas 4. Wrap the haggis in foil, covering it completely and folding over the edges of the foil. Place the haggis in a roasting pan with about 2.5cm water. Heat in the oven for 30–40 minutes

2. Meanwhile, put the sliced vegetables in a large pan and add the milk and salted garlic. Stir over a low heat until the potatoes break down and the liquid thickens. Stir in the cream, nutmeg and black pepper. Slowly bring to the boil, reduce the heat and simmer gently for a few minutes

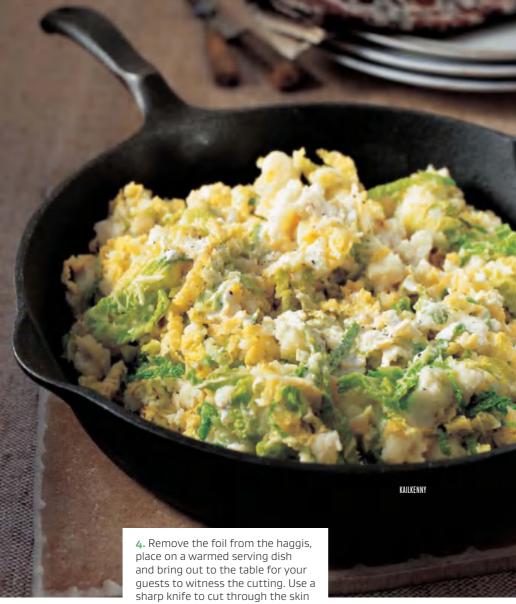
3. Butter a deep round 18cm ovenproof dish or a small roasting pan. Transfer the vegetable mixture to the dish or pan. Bake in the oven for about 1 hour. If the top is becoming too brown, cover it with foil and continue baking



Clams are now harvested in lochs, especially in Loch Fyne where some of the best Scottish clams are grown on ropes. Limpets or cockles can also be used if you can buy them fresh or collect them yourself along the seashore

HAGGIS

Serves: 4 Prepare: 30 minutes, plus overnight soaking



and bring out to the table for your guests to witness the cutting. Use a sharp knife to cut through the skin then spoon out the haggis on to warmed plates. Serve the clapshot cake in slices with the haggis, spooning any juices over

#### **KAILKENNY**

This is a mashed potato combination dish, originating from north-east Scotland. Normally the cabbage is boiled but it is more nutritious to quickly fry it, keeping in the goodness. Kailkenny makes an excellent accompaniment to any meat dish

Serves: 4

Prepare: 10 minutes Cook: 25 minutes

45og potatoes, peeled 5og butter 5oml milk 45og cabbage, finely shredded 3oml rapeseed oil 5oml double cream Salt and ground black pepper

**1.** Cut the potatoes into small pieces, place in boiling water and

boil for 15–20 minutes. Drain, replace on the heat for a few minutes then mash

2. Heat the butter and milk in a small pan and then mix into the mashed potatoes. Season to taste

3. Heat the oil in a large frying pan, add the shredded cabbage and fry for a few minutes. Season to taste with salt and ground black pepper. Add the mashed potato, mix well then stir in the cream.

Serve immediately

#### **CLOOTIE DUMPLING**

A rich, dense pudding, traditionally made in a "cloot" or cloth, then boiled over the fire. At the festive season of Hogmanay or New Year a coin is hidden inside

Serves: 8

Prepare: 20 minutes Cook: 3 hours

225g plain flour, and 1 tbsp for the cloot 115g suet 115g rolled oats
75g sugar
1 tsp baking powder
225g mixed sultanas and currants
1 tsp each ground cinnamon and
ground ginger
1 tbsp golden syrup
2 free range eggs, lightly beaten
3-4 tbsps milk

- 1. Sift the flour into a dry bowl then add the suet. Rub the fat into the flour until it resembles breadcrumbs. Add the oats, sugar, baking powder, fruit and spices. Mix well then stir in the syrup and eggs, using enough milk to form a firm batter
- 2. A 'cloot' is a piece of cotton or linen, about 52cm square. Plunge it into boiling water, remove it from the pan, wring it out and lay it out on a flat surface
- 3. Sprinkle 1 tablespoon of flour over the cloot. Place the pudding mixture in the middle of the cloth then bring each of the four corners into the middle above the mixture and tie with string, leaving plenty of space for the pudding to expand. Alternatively you can use a heatproof bowl instead of a cloot. Lightly grease the bowl and put in the mixture, allowing at least 2.5cm space at the top. Cover with baking parchment and tie down well.
- 4. If using a cloot, cook for 2½–3 hours by steaming in a double boiler or heat the oven to 150°C/130°C/Gas 2 and place the dumpling in a bain-marie. When cooked, turn on to a large plate. If using a heatproof bowl, steam in a double boiler for 2½–3 hours over a low heat. Serve in slices with hot jam and cream



Recipes taken from A Taste of Scotland by Carol Wilson (£6.99, Lorenz Books)



#### OTHER SPECIALITIES...

#### Crowdie

This lesser-known Scottish favourite is basically a fresh-tasting low fat cream cheese. It has been made in the Highlands for centuries, and tradition dictates it should be eaten with oatcakes before a ceilidh dance to alleviate the effects of whisky drinking! It isn't the strongest-tasting cheese, but its creamy, crumbly texture and fresh, zingy flavour means it works well in all sorts of sweet and savoury dishes.

#### **Scotch pies**

This savoury, hand-held snack is common to football grounds across Scotland, where it's usually just called a mince pie. Traditionally made using thick, hot water pastry and mutton, Scotch pies today are usually produced using either lamb or beef and plenty of pepper.

#### Selkirk Bannock

The word 'bannock' actually refers to any kind of round bread, but the Selkirk bannock is a delicious regional bake made with butter and lots of sultanas. Spongy and moist, it's usually eaten in slices with a generous smothering of butter.

#### **Butteries**

As the name suggests, Aberdeen butteries (also known as rowies) are packed with fatty goodness. These flaky, savoury rolls resemble flattened croissants and have quite a salty taste. Apparently the recipe harks back to the 1800s, when fishermen would eat them during long periods at sea; the high butter content helped insulate them from the cold winds of the North Sea.





# a taste of...



From the Highlands to the Lowlands, Scotland's prized food scene is jam-packed with delicious delicacies. Here are some of our favourites

MACKAYS

Drygate Bearface Lager, £1.95, drinkmonger.com

Orange Marmalade with Whisky, £1.40, mackays.com



Traditio

Mackie's of Scotland Chocolate, £6.40, mackieschocolate.co.uk

Macsween Traditional Haggis, £3, Ocado



LAGER



HAIN SC FRST RELEASE BOTTLE NO

> Borders Whisky, £49.98, tweeddale whisky.com

Wooleys of Arran Oatcakes, £2.09, Ocado

The Royal Fillet, £300, rrspink.co.uk



Carlton Shortbread Highlanders, £2.65, walkersshortbread.com

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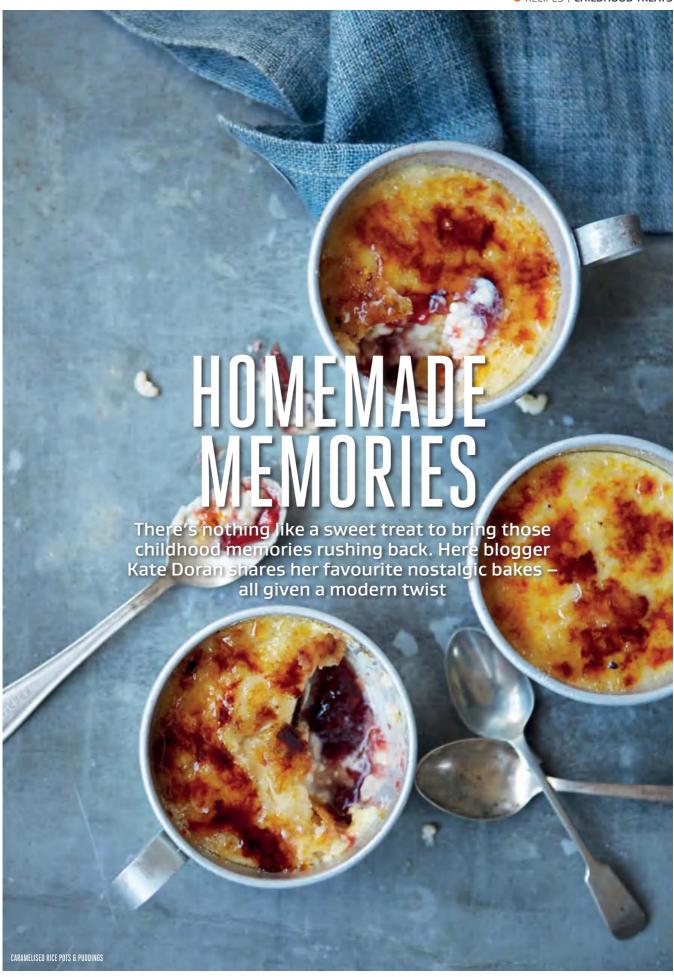
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"Freshly-baked, these biscuits are crisp in contrast to their jammy middle; left a few days they become softer and more sandwich-like"

#### CARAMELISED RICE PUDDING POTS

Makes: 4 pots Prepare: 10 minutes Cook: 40 minutes

4 tbsps jam, homemade or shop-bought 800ml milk 120g short-grain pudding rice Seeds of half a vanilla pod 2 free range egg yolks 150ml double cream 6 tbsps caster sugar Pinch of salt

- 1. Spoon a tablespoon of jam each into the bottoms of four ramekins about 175ml in capacity. Preheat the oven to 160°C/Fan 140°C/Gas
- 2. In a medium saucepan, combine the milk, rice, vanilla seeds and pod. Bring to a brisk simmer and cook, stirring regularly to prevent catching, for 15–20 minutes or until the rice is tender and most of the liquid has been absorbed. While the rice is cooking, whisk together the egg yolks, cream, 2 tablespoons of the sugar and the salt.
- 3. Remove the rice pan from the heat and remove the vanilla pod. Pour in the cream and egg mixture, stirring continuously until combined. The mixture will look lumpy because of the rice. Divide evenly between your prepared ramekins, making sure to distribute the rice and liquid equally.
- 4. Place the ramekins in a roasting dish and pour just-boiled water three quarters of the way up the sides. Bake for 15 minutes or until a delicate skin forms and the custard is almost set. Remove from the oven and allow to cool for 10 minutes. If you want to serve these later, they will keep in the fridge for 2–3 days.
- 5. When ready to serve, sprinkle each pot with 1 tablespoon of caster sugar so that the custard is covered in an even layer. Use a blowtorch to caramelise the sugar

until golden brown – you could also do this under a very hot grill – then leave to stand for a few minutes before serving.

#### PEANUT BUTTER & JAMMIE DODGERS

Makes: about 30 dodgers Prepare: 30 minutes Cook: 12 minutes

150g butter, softened
100g smooth peanut butter
125g caster sugar
25g light muscovado sugar
1 egg yolk
1 tsp vanilla extract
Large pinch salt
265g plain white flour, plus extra
for dusting
About 100g of your favourite jam,
homemade or shop-bought

- 1. In a medium bowl using a wooden spoon, or in a stand mixer fitted with the paddle attachment, cream together the butter and peanut butter for 1 minute. Add both sugars and beat for a further 2 minutes until fluffy. Add the egg yolk, vanilla and salt and beat until combined, then sift over the flour and mix to form a soft dough. Knead a couple of times until smooth.
- 2. Preheat the oven to 180°C/ Fan 160°C/350°F/Gas mark 4. Line two baking trays with baking parchment.
- 3. On a lightly floured work surface, roll the dough to a thickness of 3–4mm. The dough will be quite fragile if it breaks apart, gently press the crumbly edges back towards the centre, then carefully continue to roll. Using a 5cm-biscuit cutter, cut out rounds of dough. Using a heart-shaped stamp, or another small cutter of your choice, cut a hole from the middle of half of the biscuits. Place all the biscuit rounds on the prepared baking trays.
- **4.** Bake for 8–12 minutes until lightly golden. Keep a close eye



on them – these biscuits can turn from golden to burnt very quickly. Remove from the oven, leave to cool on the trays for 5 minutes then transfer to a wire rack to cool completely.

5. When the biscuits are cool, spread a scant teaspoon of jam on the underside of the whole biscuits. Top each one with a cutout heart biscuit and press down lightly. The biscuits will keep in an airtight container for 2 days.

#### JAFFA ORANGE CAKES

Makes: 12 cakes

Prepare: 20 minutes, plus

cooling time Cook: 35 minutes





For the orange jelly: 6og caster sugar Peel from 1 large orange 3 sheets platinum-grade fine leaf gelatine 100ml orange juice (from about 2 large oranges)

For the cakes:
40g butter
60g icing sugar
20g plain white flour
40g ground almonds
1/2 tsp finely grated orange zest
2 egg whites, lightly beaten
pinch salt

To finish: 120g dark chocolate, chopped

1. Start by making browned butter.



"Freshly-baked, these biscuits are crisp in contrast to their jammy middle; left a few days they become softer and more sandwich-like"

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# DIACE DUDING

Rich, earthy, versatile and cheap! The blood sausage really earns its keep in the Great British larder

Black pudding is made from the humblest ingredients of Medieval Britain – oats, onions and pig's blood and fat. It's a prime example of the whole being greater than the sum of its parts.

The sausage came about as a way to preserve blood, the precious by-product of butchering pigs. Blood loses its quality very quickly and so mixing it with oats and boiling in an intestine is the ideal solution. Although, these days most black pudding is made with dried blood.

\* The Stornaway recipe for black pudding has been granted regional protection. It is made with rough Scottish oatmeal and relatively small pieces of fat.

#### Stornawayblackpuddings.com

- \* Elsewhere, such as in Bury, the pudding has larger chunks of fat and is often looped into a distinctive horseshoe shape.
- \* In Yorkshire, 'Doreen's black pudding' is a well-loved version, made in long triangular sausages. The recipe is baked rather than boiled which makes it softer and stronger in flavour.

#### Yorkshireblackpudding.co.uk

\* White pudding is made without blood, but with suet or dripping and breadcrumbs. It's very similar to the Scottish 'mealy pudding' of oats, onions and spices.





# BLACK PUDDING... It's not just for breakfast

**SCALLOPS AND BLACK PUDDING** are a great match – they share the same soft and earthy sweetness. Serve with something to add a little 'zing', like a lemon-dressed salad.

**SCOTCH EGGS** wrapped in black pudding have become popular fare at farmers markets and festivals. The rich sausage adds something extra special to runny egg yolk.

**BLACK PUDDING STUFFING** is really versatile – try mixing with apple, mushroom and cider and use to stuff a pork fillet.





# Bury Black Pudding & Lancashire Cheese Croquettes

100g Waitrose Dewlay Creamy Lancashire Cheese, grated 250g cold mashed potato 8og Bury or other black pudding, cut into small dice 1 tbsp wholegrain mustard 1 shallot, finely diced 50g plain flour, plus extra for dusting 1 free range egg, beaten 100g panko breadcrumbs 4-5 tbsp oil 75g pea shoots or lamb's lettuce

1. Place the cheese, potato, black pudding, mustard, shallot and flour in a bowl and mix to combine well.

2. With flour-dusted hands, mould the mixture into 12 x 5cm croquettes. Dust with flour, then dip in the beaten egg, followed by the breadcrumbs to coat completely.

**3.** Heat the oil in a frying pan over a medium heat. Shallow-fry the croquettes in 2 batches, turning occasionally, for 3-4 minutes until crisp and golden brown all over. Remove from the pan and drain on kitchen paper.

4. Place the croquettes on a plate, garnish with pea shoots or lamb's lettuce and serve with a chutney of your choice

Recipe courtesy of Waitrose.com

THREE TO BUY...



Stornaway Black Pudding,£2.20, charlesmacleod.co.uk



**Traditional Bury** Black Pudding, £1, buryblackpuddings.co.uk



Vegan Black Pudding Vpud, £1.69, reallancashire blackpuddings.co.uk

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**James Fell** clocks up some kitchen time and reviews these slow cooking sensations

## 1 SAGE FAST SLOW COOKER PRO

Whether you've set aside an entire day for slow-cooking or just a few minutes to use the pressure cooker function, this advanced piece of kit will maximise flavour from your food in any required time. Not only does it house both style of cookers in one classy container, it can even sauté, steam and reduce; with pre-set functions to make delicate lamb shanks that fall off the bone, as well as casseroles, pulled pork and really creamy risottos. An automatic steam function can be called upon when needed and its hefty six litre capacity makes it great for batch cooking. £199.99 from Harts of Stur

#### 2 PYREX SLOW COOK

CASSEROLE DISH When buying a dish from Pyrex you're always safe in the knowledge that it'll combine a classic retro style with highly dependable durability - this cast iron dish is no exception to the rule and has a density which feels like it'll last you a lifetime. It's suitable for all types of hob and can be slotted in the oven for as long as your stew requires. A brilliant aspect of this dish is the smooth enamel coating, which not only contributes to its strength, but is fantastically easy to clean, as flavours are not absorbed - making it ideal for both slow cooking and gentle simmering. £47.59 from argos.co.uk

### 3 JUDGE SLOW COOKER

Stylish, functional and easy to use, this slow cooker can be left safely unattended, allowing you to go about your day in the knowledge that a flavoursome meal will be there waiting upon your return. Ideal for hearty casseroles and warming curries, it's easy to operate thanks to the simple dial control. With a minimal stainless steel construction, this sleek cooker will blend in with any kitchen décor and its helpful glass lid means you can safely and easily keep tabs on your succulent food with just a glance. It's absolutely ideal if you consider yourself a slow cooking novice. £30 from

### £30 from hartsofstur.com

# 4 COOK'S ESSENTIALS SLOW COOKER WITH

CERAMIC POT

This compact, funky and affordable little slow cooker is perfect if you're only cooking for two people and don't want ample leftovers, due to its fairly small capacity of one and a half litres. Most slow cookers generally have the same stainless steel or black coating, so it's refreshing to discover one that is vibrant and coloured. It's really easy to use and you can rustle up a meal while you're out at work or running errands, allowing you to come home to a delicious dinner without the effort. If you're feeling a little uninspired, it comes with a nice little recipe book! £20.50 from qvcuk.com

#### 5 SMART PLUS HAND ANODISED PRESSURE COOKER

This cooker has been made to last - its rigid exterior is made from hard-anodised aluminium, which is twice as solid as stainless steel! With a six litre capacity, it's great if you're cooking for a large Sunday get-together and makes it simple to produce large batches of meals, especially during the winter season when stews and soups are in high demand! It's really comfortable to handle and the different settings can help you to add some versatility to your cooking. There's also a directional indicator feature, allowing you to ensure that steam is safely directed away from you. £70 from prestige.co.uk



www.rootsandwings.com









# • TRIED & TASTED

# SAUSAGES

Our favourite British bangers for chilly winter nights



#### 1 lbbitsons Spanish Style Pork Sausages

These deliciously spicy sausages give a hearty thwack of smoky paprika, which works perfectly with the sweet, unctuous taste of the pork. Use them instead of chorizo in bean casseroles, paella and pasta dishes – they also make amazing hot dogs with crispy onions on top. £3.75 ibbitsons.com

## 2 The Sausage Shop Hot African

Very deeply smoked and packed with a whopping 95% beef, these bangers from Norfolk's acclaimed Sausage Shop smell wonderful straight out of the pack and taste even better! The addition of just the right amount of chilli adds an extra dimension, making them great for adding to spicy stews. £6.25 for 5 sausageshop.co.uk

#### 3 The Jolly Hog Porky Black

The combination of top quality pork and generous chunks of black pudding makes for a very jolly sausage indeed! The black pudding adds real depth and richness, making this a

particularly luxurious banger. Use them to make an epic toad in the hole. £2.99 for 6 **ocado.com** 

#### 4 Edwards of Conwy Traditional Pork

Definitely one for the purists out there. Edwards of Conwy's classic sausages have won countless awards and it's easy to taste why. Mild and perfectly seasoned, the simplicity really lets the flavour of the pork shine through, making them perfect for breakfast, lunch and especially for dinner! £3 for 6 ocado.com

#### 5 Roots & Wings Free Range Pork & Herb

These sausages had the best texture of all – deliciously crisp on the outside and morishly juicy on the inside, with no hint of greasiness. The addition of sage, parsley, thyme and rosemary is perfectly balanced, and the maker's ethical credentials are top notch too, which is always good to hear. £3.29 for 6 ocado.com

# Make it Tonight!

These mouth-watering pancakes are great for breakfast but even better for dinner with crispy bacon and a poached egg

#### MUSHROOM, BACON & EGG PANCAKE STACK

Serves: 1

Prepare: 15 minutes Cook: 15 minutes

2-3 tbsps butter 400g button mushrooms, finely chopped 225g self-raising flour, sifted 1 tsp bicarbonate of soda 200ml milk 1 free range egg, whisked 100g tinned sweetcorn, drained 50g grated cheddar cheese

# Cooked bacon & poached egg, to serve, optional

- 1. Melt half the butter in a large nonstick frying pan over medium heat until hot. Add the mushrooms and cook until tender. Spoon them into a sieve and set aside over a bowl to cool for 10 minutes.
- 2. Place the flour and bicarbonate in a large bowl. Make a well in centre. Add the milk and egg. Mix until the batter is smooth. Stir half of the cooked mushrooms and all the corn and cheese into the batter, then mix gently to combine.
- 3. Wipe the frying pan clean and heat over

a medium heat. Brush with a little of the remaining butter. Spoon a small ladleful of batter into the pan, cook for 2-3 minutes until bubbles appear on the surface. Turn the pancake over and then fry for a further 4-5 minutes or until cooked through. Transfer the pancake to a clean tea-towel and cover loosely to keep warm while making the remaining pancakes.

4. Serve topped with the remaining cooked mushrooms, and add bacon and a poached egg if desired. They are also delicious topped with mushrooms and a dollop of cream cheese.

Recipe courtesy of iustaddmushrooms.com



# "New Year is no time to list things you shouldn't do – far better to pick what you want to do!"

Our beer columnist **Sophie Atherton** shares her 'new beers resolutions'...



he start of the year is no time to make a list of things you shouldn't do. Much better to make a list of all the things you want to do. Regular readers will be aware

it's one of my life's missions to open people's minds to beer as a versatile drink, offering something for everyone, rather than generic booze swilled without thought. It's mostly very rewarding work!

As well as encouraging others I also have to be open-minded and willing to taste all different kinds of brews myself. Where it gets tricky is the sheer numbers I'm asked to try. It makes me feel a little like the late, great John Peel being sent vast amounts of demo tapes and records that bands wanted him to listen to. Then there's what to do if what I sample is less than wonderful. So one of my 'new beer's resolutions' is to try and taste things the week they arrive and quickly offer feedback to brewers.

If you're already well into your beer I'd encourage you to resolve to try something you've never had before, be it style or brewery. And, if you're not doing so already, try matching beer and food or perhaps even cooking with beer. Great British beer and food pairings to start with are pale ale with fish and chips, and malty or lightly hopped ale with the Sunday roast. It does depend a little on the meat, but there's fun to be had experimenting and finding the perfect match!

Another idea: petition your local to run a beer and food pairing night, because even pubs sometimes need a bit of a push to do more with beer. You could also introduce a friend to beer by finding them one that has a flavour they already enjoy.

In the spirit of new beer's resolutions I'm going to start writing this column a little differently from next month onwards, taking a look round Great Britain and showing off what a beer country we are. In the meantime here's a few beers I'll be trying for the first time, convincingly recommended by fellow drinkers, via social media.



Sounds like ice cream: Cromarty Brewing, Scottish Highlands, Udder Madness (1.6%) A vanilla sour akin to a German style called 'Berliner Weisse' which has a pleasantly acidic character! Those who suggested it raved about it. I've got one of the few remaining bottles but it's due to be brewed again this spring.

(Not) the new thing: Beer Nouveau, Manchester, Temperance Ale (3.6%) and Satanic Mills (6%) I'm told this new brewery makes beers based on traditional styles and recipes to show that previous generations of brewers knew what they were doing. Beers to drink while not reinventing the wheel perhaps. Both are made with British hops, which always makes me happy.

Yes we can: Vocation Brewery, West Yorkshire, Heart & Soul (4.4%) Many microbreweries are putting their beer in cans these days. Provided it's done to a high standard it can keep beer fresher for longer because it protects it from light. This is a US-style IPA, following an American trend for session IPAs – no doubt inspired by the lower ABVs typical of many British beers.





Our seafood guru talks New Year's resolutions, food waste and exciting plans for 2016

I've given up making New Year's resolutions because they're always the same; lose some weight, get fitter, get things done today rather than waiting for tomorrow... probably the same resolutions as most other people! Mind you, I am determined to look after myself better this year. Of course, fish is an excellent food to eat when trying to lose a few pounds, but not if it's coated in batter and deep-fried! The New Year has heralded a change within my restaurants. Firstly, Outlaw's at St Enodoc is no longer open. We had a great run and will still have a close relationship with the hotel, but I've decided to concentrate more on my other outlets, Restaurant Nathan Outlaw and Outlaw's Fish Kitchen in Port Isaac and Outlaw's at The Capital.

Talking of my London restaurant, after three years at the helm, head chef Pete Biggs is off to do other things (more about that another time!) and my Head Chef from Outlaw's at St Enodoc, Tom Brown, is going to take up the reins. It's good to mix things up now and again and the uber-enthusiastic Tom is raring to go in the bright lights of London!

The other big thing for 2016 is that my new book, Everyday Seafood (Quadrille) is due for publication on 6th April. I'm very excited about this as I really think it's my best one so far. I was lucky enough to have David Loftus take all the photographs again and they really are something else. This time I've added sections on desserts and how to choose wines to go with seafood menus, so hopefully that will go down well in your kitchen!

Last October I attended the 'Food On The Edge' conference in Galway, where chefs from all over the world

debated the future of food. It was compelling listening and left me thinking hard about the issues we are facing. The major thing that came out of the conference was a need for everyone to embrace sustainability and take measures to reduce food waste. I think that both these issues are going to feature prominently throughout 2016. Research has shown that the ordinary person in the UK throws away a third of the food they buy. That's just insane. If we did that in the restaurants we'd go under in no time. But is it because supermarkets price wars are hoodwinking consumers into buying more than they need? Or it is because people are unsure how to store and cook with unused ingredients and left-overs. Then there's the amount of produce ploughed over and discarded. That's just criminal! Maybe 2016 should be the year of food waste reduction? Let's hope so.



### **Turbot Steak with Seaweed Butter, Turnips & Potatoes**

Turbot baked on the bone – it's such a lovely way of cooking this fish. All the natural juices from the fish cook into the potatoes and turnips with the rich and zesty flavours from the seaweed butter. So tasty!

Serves: 2

Prepare: 20 minutes Cook: 1 hour, 5 minutes

2 turbot steaks, about 250g each
2 large baking potatoes, peeled
2 small turnips, peeled
3 shallots, peeled and sliced
2 garlic cloves, peeled and chopped
2 tsps thyme leaves, chopped
Juice of 1 lemon
250ml fish stock
A little light rapeseed oil, for cooking

For the seaweed butter:
250g unsalted butter, softened
3 tbsps dried mixed seaweed flakes
1 shallot, peeled and finely chopped
2 garlic cloves, peeled and finely
chopped
Finely grated zest of 1 lemon
Cornish sea salt and freshly ground
black pepper

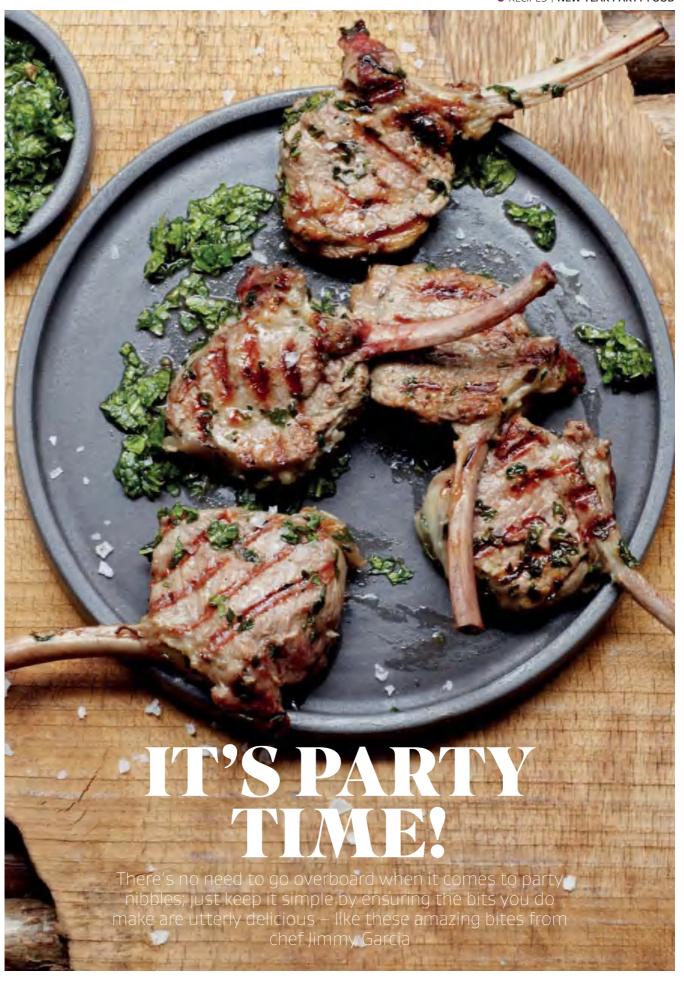
- 1. Heat your oven to 200°C/Fan 180°C/Gas 6. To make the flavoured butter, put the softened butter into a bowl and add the seaweed, shallot, garlic and lemon zest. Mix well until evenly combined and season
- 2. Shape the butter into a roll on a sheet of cling film, wrap in the film and twist and tie the ends to seal. Refrigerate to firm up. Cut the potatoes and turnips into fine slices, 2–3mm thick, using a sharp knife or mandoline. Lay them evenly in a baking dish and scatter over the shallots, garlic and thyme. Season with salt and pepper, sprinkle with the lemon juice and pour on the fish stock. Bake in the oven for 45 minutes or until the potatoes are just cooked.
- 3. About 5 minutes before the potatoes will be ready, heat a frying pan over a medium heat and add a little oil. When it is hot, add the turbot steaks and pan-fry them for about a minute on each side, just enough to lightly colour the flesh. Take the baking dish from the oven. Season the turbot steaks with salt and pepper and lay them on top of the potatoes. Place the dish back in the oven for 10 minutes.
- 4. Meanwhile, slice the butter, allowing 3 slices per portion. Place the butter on top of the turbot steaks and bake for another 2 minutes.

Recipe taken from *Nathan Outlaw's Fish Kitchen* (Quadrille £20) Photograph: David Loftus













### MINTED LAMB LOLLIPOPS WITH MINT SAUCE DIP

Serves: 8

Prepare: 10 minutes, plus overnight marinating Cook: 12 minutes

8 trimmed lamb chops

For the marinade:
Bunch of mint, leaves finely chopped
2 garlic cloves, peeled and crushed
40ml olive oil
2 sprigs rosemary, leaves finely chopped

For the mint sauce:
Bunch of mint, leaves finely chopped
1 tbsps granulated brown sugar
3 tbsps cider vinegar
Salt and freshly ground black pepper

Place the lamb chops in a shallow, non-metallic dish. Combine the marinade ingredients in a small jug, stir well and pour over the lamb.
 Season with a pinch of salt and pepper, then cover and place in the fridge overnight to marinate.
 Next day, make the lovely tangy mint sauce for dipping. Place the chopped mint in a small bowl, and add 2 tablespoons boiling water,

before adding the sugar and vinegar. Allow the mix to infuse, add some seasoning, and then add a wee bit more vinegar if you like it on the sharp side!

3. To cook the lamb chops, pop them on a preheated griddle pan for around 6 minutes on each side to serve them pink. If you prefer the lamb cooked more, then leave on the griddle for up to another 3 minutes on each side. Set aside to rest for 5 minutes before serving with the mint sauce, for dipping.

#### **CHICKEN DRUMMERS**

Makes: 12

Prepare: 25 minutes, plus overnight marinating Cook: 3 hours, 10 minutes

12 chicken drumlets

For the marinade: 500ml buttermilk 100ml sweet chilli jam 2 tbsps milk

For the confit:

500ml duck fat or vegetable oil Sprig of thyme 2 garlic cloves, peeled and finely chopped

For the coating:
100g plain flour
1 tbsp Cajun seasoning
1 tsp dried chilli flakes
1 tbsp dried oregano
3 medium eggs, lightly beaten
150g panko breadcrumbs
Vegetable oil for deep frying
Salt and freshly ground black
pepper

- 1. Clean the bone of each chicken drumlet, by scraping down it, so that all the meat gathers at the wider end of the cut of meat. Wrap foil around the bone to protect it during cooking and stop it from burning.
- 2. Place all the marinade ingredients in a non-metallic shallow dish, add the chicken, cover and marinate overnight in the fridge this helps to tenderise them.
- 3. The next day, remove the chicken from the marinade and pat dry. Preheat the oven to 130°C/Fan 110°C/Gas 1. Place the chicken and the confit ingredients in a roasting tin and bake in the oven for 3 hours or until the meat is falling off the bone they'll be extremely fragile by now. Remove the chicken drumlets, and allow to cool.

  4. Mix together the flour, spices and
- herbs and season well. Place the flour mixture, egg and breadcrumbs into 3 separate shallow dishes. Dip the drumlets in the flour mix, then in the egg, and then the breadcrumbs. Dip again into the egg and breadcrumbs. Remove the foil from the bones.
- **5.** Heat the oil in a deep pan to 180°C (check with a kitchen thermometer) and deep-fry the drumlets, in batches of about 6 for around 3 minutes, until golden. Remove, using a slotted spoon, and place onto a plate lined with kitchen paper to absorb any excess oil. Serve while hot.

## DILL & LEMON CUPCAKES WITH SMOKED SALMON ICING

Makes: 12

Prepare: 15 minutes Cook: 30 minutes

For the cupcakes: 180g plain flour 1 tbsp baking powder



5 tbsps vegetable oil 1 bunch dill, finely chopped Juice and zest of 1 lemon

For the icing: 150g smoked salmon, plus extra to garnish 100g crème fraîche Freshly ground black papper Fresh dill, to garnish

- 1. Preheat the oven to 160°C/140°C/Gas 3. Line a large 12hole muffin tin with paper muffin cases
- 2. Sift the flour into a mixing bowl, then mix in all the remaining cupcake ingredients with a whisk until fully combined. Divide the mixture equally between the paper cases. Bake for around 30 minutes, or until a skewer inserted into the middle of a muffin comes out clean. Cool on a wire rack. 3. Meanwhile, crack on with the icing. Place the salmon, crème fraîche and black pepper in a food processor, and blend to a smooth

consistency. Spoon into a piping

and pipe swirls on top of the

bag fitted with a small star nozzle

cakes. Garnish each cake with a flake of salmon and a sprig of dill.

#### JIMMY'S ICE CREAM FACTORY

Serves: 8

DILL & LEMON CUPCAKES With Smoked Salmon Icing

Prepare: 25 minutes, plus overnight freezing time Cook: 15 minutes

For the sorbet: 250g caster sugar 500g frozen British raspberries ⅓ lime 3 tbsps raspberry liqueur

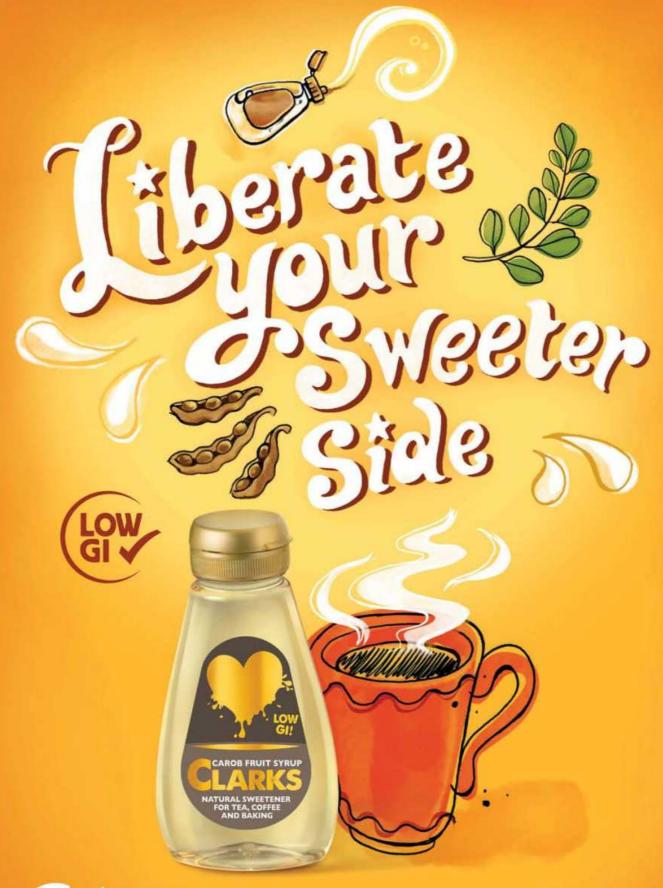
For the cookies: 125g butter, softened 100g brown sugar 125g caster sugar 1 tsp vanilla extract 1 egg 250g self-raising flour ½ tsp salt 50g milk chocolate chips 50g white chocolate chips

For the toppings: Mini marshmallows Hundreds and thousands Crushed meringues Brownie chunks Shortbread Raspberry coulis Fresh fruit jelly

- **1.** First make the sorbet. Place 500ml water and the sugar in a medium pan, and bring to the boil. Stir for around 3 minutes, until the sugar has dissolved, and then allow to cool.
- 2. Place the raspberries in a pan with a squeeze of lime. Cook until soft, then purée in a blender or food processor and pass the mixture through a fine sieve to remove the seeds. Pour the raspberry purée and liqueur into the sugar syrup, and stir thoroughly before transferring to an ice-cream maker. Churn according to the instructions, transfer to an airtight lidded container and freeze for at least 12 hours or until solid.
- 3. Alternatively, if you don't have an ice-cream maker, pour the mixture into an airtight lidded container and transfer to the freezer. Remove from the freezer every hour or so, and stir well to crush the ice crystals with the back of a fork. This will help to create a smoother sorbet rather than an ice block - the best results are with an ice-cream maker, but sometimes you have to make good with what you have!
- 4. Preheat the oven to 180°C/Fan 160°C Gas 4. Line a baking tray with baking parchment. For the cookies, cream the butter and sugars together in a medium bowl until light and fluffy. Stir in the vanilla and the egg. Sift in the flour and salt, then add the chocolate chips. Stir well to combine. Place about 6 chestnut-sized dollops on the baking tray, spaced well apart. Bake in the oven for 8 minutes. They should still be soft, and gooey! Cool on a wire rack.
- **5.** Crumble all of the toppings into jam jars, or bowls if you don't have them, so you can try to recreate that ultimate sundae, sweet-shop feel!



Taken from Social Eats by Jimmy Garcia, (£19.99, Kyle Books)



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# "I just quite like peasant food to be honest!"

Michelin-starred chef **Simon Rogan** shares his love of Cumbria and tells James Fell about the next generation of chefs to look out for this year



We always want to improve, and create new and tastier dishes. If accolades come along the way, that's great. We have big ambitions to get our third star at L'Enclume - whether we get it or not is another matter and there's still more stars to get at Fera at Claridge's. We're trying to get one at The French in Manchester, too. We plod along and try to make things the best we possibly can, and that's all we can do! Innovation also means more people come and try our food - that's always important.

In the past, anything and everything could have provided inspiration for a menu. We were influenced by equipment, ingredients from across the world, crockery, all sorts! These days it's all down to what is available on our farm. When devising a menu we generally know what's coming in – we obviously don't just take in ingredients through the back door – so there's a lot of experimentation and development going on.

London definitely has the greatest concentration of restaurants. It gets the lion's share of tourists and has masses of great restaurants, but if you're going outside of the capital then you've gotta head to the Lake

District. And L'Enclume isn't too bad either! There's an amazing batch of restaurants which have been around for a while and new ones appearing all of the time. There's a real buzz in the Lake District because of the quality of the supply and the great ingredients from that area of the world.

Throughout the late eighties and early nineties you had the chef superstars. You had the Pierre-Whites and Rouxs, and a whole generation spawned from that scene. Now the old guys such as myself are bringing through another generation. Three chefs who left me recently are going off to start their own restaurants and they're going to be amazing. I know they will push the button even further. The talent which is coming through is really exciting and something to be very proud of in the UK.

My perfect January meal definitely has a bit of game on the plate. I'm a great fan of venison and the Cartmel valley has some of the best venison you can find. I'm also quite fortunate as I have poly-tunnels, so I've always got chard, lettuce and cabbages growing over the winter – I'm incredibly fond of cabbage. I just quite like peasant food to be honest!



Kettle Chips use British ingredients and the principles they hold are quite dear to me. I love the new Gressingham Duck flavour. We had a few boxes to see if they were up to scratch and I couldn't put the duck ones down, which isn't helping my diet at the moment! I absolutely love Thai food, and all oriental food for that matter – duck with plum sauce and spring onion is one of my all time favourite meals.

Simon Rogan, was speaking at the launch of the new KETTLE Chips Chef's Signature range, an outstanding new range of super-premium crisps featuring partnerships with some of the UK's leading food brands including Gressingham Duck, Yorkshire Wensleydale Cheese and Maldon Sea Salt



# Simon on...

#### MENTORS...

There are two people who inspired me and my approach to cooking. My first head chef at The Savoy, who gave me a classical grounding and Jean-Christophe Novelli, who introduced me to the modern world of cookery.

#### CLAMPING...

It's an old Victorian preservation technique which I think increases the flavour of the vegetables. When the season is long and plentiful in the summer months, we grow more than what we need and store them by burying them in sand and hay and pick the vegetables out in the winter.

#### **BEING A RESTAURANTEUR...**

I think it's all about keeping your staff happy, making sure they're trained up and motivated. You don't want them working too many hours, want to pay them right, want their quality of life to be great and above all, you want to keep them interested with your product by keeping things fresh.



he drinks world can be divided into two eras: BV and AV, Before Vodka and After Vodka. It is only when you begin to delve into old cocktail books from the end of the nineteenth century and the start of the twentieth century that you get an idea of quite how important gin was in those BV days. If you wanted to use a white spirit in a drink, gin – be it genever, Old Tom, or dry – was your weapon of choice.

Cocktails made gin and gin, it could be argued, made cocktails. Think about that for a second. What other spirit could imbue a mixed drink with such grace and aromatic breadth? Gin was the cornerstone of mixed drinks. It gave us the Martini and Negroni, for Pete's sake! Because of this, it was hard for me to make a selection of the best classic drinks. This wasn't just an exercise in archival studies, however; it was just as difficult to make a choice from the modern gin twists that today's top bartenders kindly sent in. If you want evidence of gin's renaissance, then look no further.







50ml gin 7.5ml fresh lime juice 7.5ml lime cordial Lime wedge, to serve

Shake all the ingredients with ice and strain into a chilled cocktail glass. Serve with a lime wedge.

#### HANKY-PANKY

45ml gin 45ml sweet vermouth 2 dashes of Fernet-Branca Strip of orange peel, to serve

Stir all the ingredients with ice and strain into a chilled cocktail glass. Twist a swathe of orange peel over the surface of the drink.

#### HOUSE GIN FIZZ

soml London Dry gin 25ml fresh lemon juice 10ml extra virgin olive oil 20ml simple syrup or gomme (see p.188) 25ml egg white Pinch of vanilla salt Soda water, to top up Lemon twist, to garnish



"Dry" shake (without ice) all the ingredients, bar the soda, together, then repeat with ice. Strain into a chilled sling glass with no ice. Top up

#### START ME UP

45ml gin
10ml apricot brandy
5ml aquavit
5ml sugar syrup
20ml peach-infused Cocchi
Americano
Lemon twist, to garnish

Stir all the ingredients over ice and strain into a chilled cocktail glass. Garnish with a lemon twist.

From Rob Libecans of White Lyan, Hoxton, London.

#### WHITE LADY

40ml gin 20ml fresh lemon juice 25ml Cointreau

Shake all the ingredients with ice and strain into a chilled cocktail glass.

## TWENTIETH CENTURY COCKTAIL

45ml gin
15ml Lillet Blanc
vermouth
15ml white creme
de cacao
15ml fresh lemon juice

Shake all the ingredients with ice and strain into a chilled cocktail glass.

Recipes taken from *Gin: The Manual* by Dave Broom (£14.99,
Mitchell Beazley)

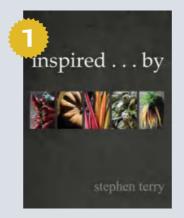


"Created in 1937, this cocktail was not named after the new century but the then newly designed

Twentieth Century Limited train that ran between New York and Chicago"

# Off the DAGER

Find inspiration with our round-up of the month's most tempting reads











# Inspired By by Stephen Terry (£39.95, A Way with Media)

Award-winning chef Stephen Terry of The Hardwick, Abergavenny cut his teeth cooking under Marco Pierre White, shared a house with Gordon Ramsay and has dished up dinners for the likes of Barack Obama. This is Stephen's debut book, which begins with an autobiography filled with anecdotes from his career, followed by plenty of gorgeously shot recipes. Beautifully bound and incredibly thick, it would make an ideal coffee table book for any discerning foodies.

#### Out now

#### Blood, Sweat & Tyres by The Hairy Bikers (£20, W&N)

Si King and Dave Myers travelled an interesting road before reaching acclaim as the nation's cherished culinary duo. From deserts to desserts, potholes to pot roasts, the pair from the north of England reveal the secret to their enduring friendship in this autobiography. The bikers met over a pint and a curry on the set of a Catherine Cookson drama and began travelling the world together, tasting plenty of eclectic dishes along the way. Their signature jovial tone runs

throughout, even when they describe more difficult moments they both faced when growing up. This fantastic book reveals a little more about the food and fun-fuelled world of The Hairy Bikers. **Out now** 

#### Clean Cakes by Henrietta Inman (£20, Jacqui Small)

This cookbook has a wealth of ideas for baking the most spectacular cakes, muffins and loaves with a healthy twist. It's a brilliant gift for anyone who wants to eliminate gluten, dairy or refined sugar from their diet but still wants to satisfy their sweet tooth and create guilt-free masterpieces. There are over 75 beautifully photographed recipes, including a show-stopping courgette, basil, lime and pistachio layer cake. These bakes and treats are bound to provide plenty of inspiration for combining creativity and healthiness.

#### Out 18th February

# The Tea Book by Linda Gaylard (£14.99, DK)

Guiding you through the best ways to choose, prepare and taste the many different varieties of tea available around the world, this insightful guide contains everything you need to know about the faithful cuppa. An essential companion for all tea aficionados, it features over 100 recipes; covering chai, matcha, the increasingly popular bubble tea and herbal tisanes. There are also handy tasting notes to help you identify key characteristics, so that you can tell your green tea from your pu'er. There's extra information on growing and harvest seasons, as well as maps of great tea-producing regions. This book is packed with fun facts to impress friends over a spot of afternoon tea!

The OXO Cookbook (£15, Quadrille) The iconic OXO stock cube has been used by cooks around the country for more than a hundred years and is a stalwart of the British kitchen. This beautifully photographed book is a celebration of the ever-dependable stock cube. The recipes use simple, versatile ingredients so that you can make brilliant meals with minimum effort. Work your way through lots of OXO inspired dishes, from soups, one-pot wonders, pot roasts, pies, hot pots, pasta dishes, and a multitude of sides and sauces. There's more to stock cubes than a basic gravy!

#### Out 14th January



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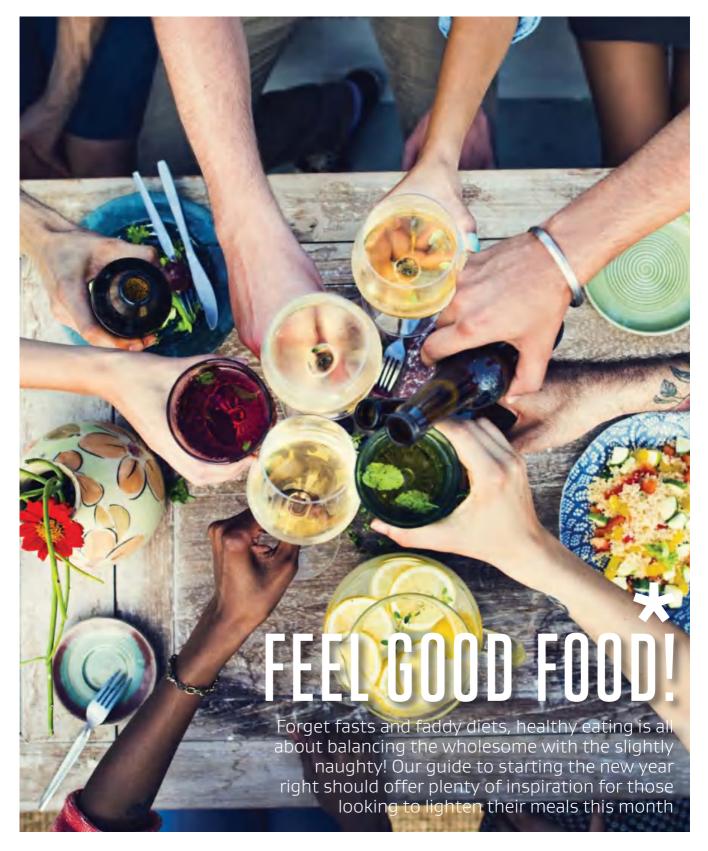
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# Ultimate Guide to



# **Trout in Ten**



This winter the British Trout Association is celebrating trout as a quick and versatile ingredient, perfect for a healthy and delicious midweek supper.

#### **TROUT WITH COURGETTE & TOMATO**

1 x skinless fillet of trout
1 bundle of dried tagliatelle
A good drizzle of rapeseed oil
Half a courgette, cut in chunks
4 dessertspoons of tinned chopped tomato
Torn fresh basil leaves
A light pinch of salt and black pepper

- 1. Boil kettle and place pasta in a pan. Pour boiling water over pasta and boil (no lid) for 6 minutes. Stir once with a fork to separate strands.
- 2. Cut up trout into bite sized pieces.
- **3**.In a hot frying pan, drizzle oil and add courgettes. Roast for a couple of minutes then flip over and add trout pieces to pan. Cook for a couple of minutes then add spoonfuls of tomato and season.
- 4. Simmer for a couple of minutes.
- 5. Drain pasta and place on warmed plate.
- **6.** Spoon the mix over the pasta, add the torn basil leaves and serve immediately.

Ready in 7 and serves 1



### FOR MORE INFORMATION: TWITTER.COM/BRITISH\_TROUT | FACEBOOK.COM/BRITISHTROUT/



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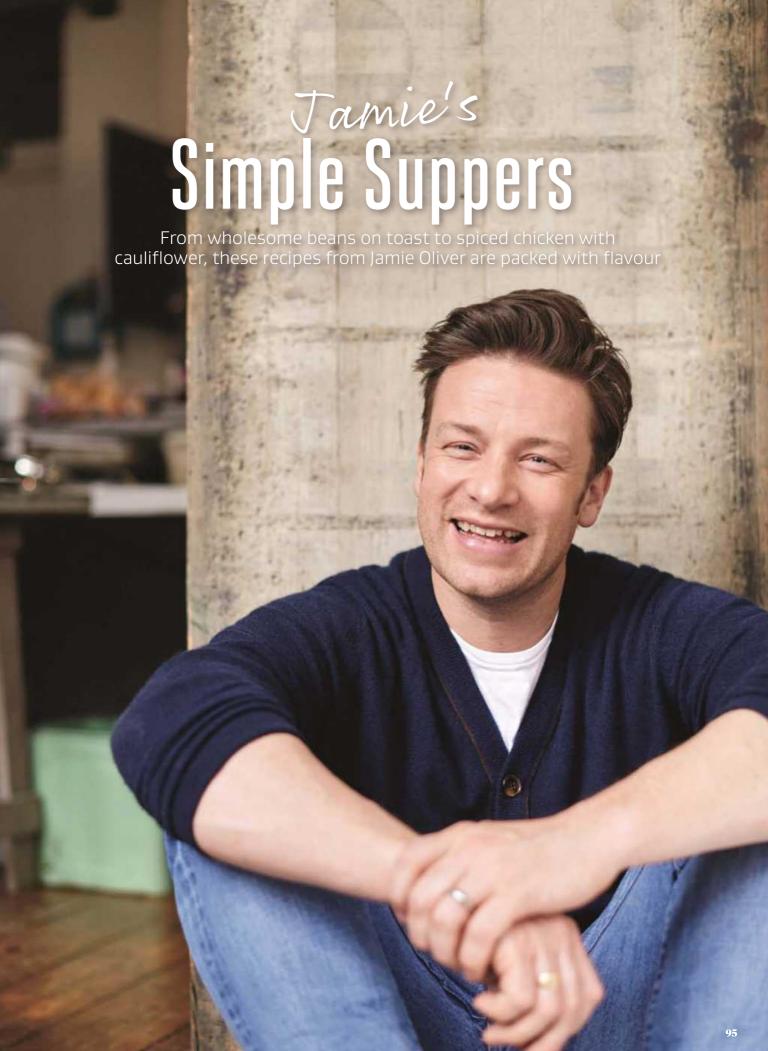
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## BOMBAY CHICKEN & CAULI, POPPADOMS, RICE & SPINACH

#### Serves: 2

100g brown rice

½ a small cauliflower (400g)

½ a bunch of fresh mint (15g)

6 tablespoons natural yoghurt

1 lemon

1 heaped teaspoon each of ground turmeric, medium curry powder

1 tablespoon balsamic vinegar

2 cloves of garlic

3cm piece of ginger

2 x 120g free-range skinless chicken breasts

1 level teaspoon each of cumin seeds, black mustard seeds

4 uncooked poppadoms

6og baby spinach

1 fresh red chilli

- 1. Preheat the oven to 220°C/425°F/gas 7. Cook the rice in a pan of boiling salted water according to the packet instructions. Chop the cauliflower into thin wedges and place in a sieve above the rice, then cover and steam for 15 minutes. Pick the mint leaves into a blender (reserving a few baby leaves). Add 3 tablespoons of yoghurt, half the lemon juice and a splash of water to the blender, then blitz for 1 minute until super-smooth and green. Decant into a nice dish and pop into the fridge for later.
- 2. Without washing the blender, add the remaining yoghurt and lemon juice, the turmeric, curry powder and balsamic. Crush in the garlic, then peel, finely chop and add the ginger. Blitz until super-smooth to make a marinade, then pour into a large baking tray. Lightly score the chicken breasts to increase the surface area and toss in the marinade. When the time's up on the cauliflower, tip it into the chicken tray, quickly toss together, sprinkle over the cumin and black mustard seeds, then place in the oven for 15 minutes, or until the chicken is cooked through and the cauli is gnarly. **3.** When the rice is done, drain it, catching some of the water in the pan, then sit the sieve of rice back over the pan, cover, and place on the lowest heat to keep warm. One-by-one, puff up your dry poppadoms in the microwave for around 30 seconds each. Slice and divide up the chicken, with the cauli, rice, spinach and poppadoms. Drizzle with the dressing, then finely slice and scatter over the chilli. Finish with the baby mint leaves and tuck on in.

CALORIES FAT FAT SAT PROTEIN CARBS SUGAR FIBRE TIME 546kcal 13.1g 3.5g 48g 63.6g 13.8g 7.6g 400...

"Cumin and turmeric are great sources of iron, and teaming them with lemon juice like I've done here means our bodies can absorb that all-important iron really efficiently"



#### BAKED EGGS IN POPPED BEANS CHERRY TOMATOES, RICOTTA ON TOAST

Serves: 2

250g mixed-colour ripe cherry tomatoes

⅓ lemon

Extra virgin olive oil

4 sprigs of fresh basil

1 x 400g tin of cannellini beans

1 good pinch of fennel seeds

2 large free-range eggs

2 slices of seeded wholemeal bread

2 heaped tsps ricotta cheese Optional: thick balsamic vinegar Optional: hot chilli sauce

- 1. Halve the tomatoes, place in a bowl and toss with the lemon juice, I tablespoon of oil and a pinch of sea salt. Pick, tear and toss in the basil leaves (reserving the smaller ones for garnish), then leave aside to macerate for a few minutes.
- 2. Meanwhile, place a large non-

stick frying pan on a high heat. Drain the beans and put into the hot pan with the fennel seeds and a pinch of black pepper. Leave for 5 minutes, shaking occasionally you want them to char and pop open, bursting their skins. Pour the macerated tomatoes into the pan with 100ml of water, season, then leave to bubble away vigorously for 1 minute. Crack in an egg on each side, then cover with a lid, plate or tin foil, reduce to a mediumlow heat and slow-cook for 3 to 4 minutes for nice soft eggs, or longer if you prefer. Meanwhile, toast the bread.

3. Divide the ricotta and spread over the two pieces of hot toast, then serve on the side of the baked eggs in beans. Sprinkle the reserved baby basil leaves over the top and tuck right in. Nice finished with a drizzle of balsamic vinegar and/or a drizzle of hot chilli sauce. Delicious.

CALORIES FAT FAT SAT PROTEIN CARBS SUGAR FIBRE TIME
399kcal 15.7g 3.6g 22g 40.7g 5.8g 12.6g 20



CHICKEN & SQUASH CACCIATORE MUSHROOMS, TOMATOES, OLIVES, BREAD

#### Serves: 4

1 onion
1 leek
4 cloves of garlic
2 rashers of higher-welfare
smoked pancetta
2 sprigs of fresh rosemary
olive oil
2 fresh bay leaves
½ a butternut squash or sweet
potatoes (600g)
100g chestnut mushrooms
2 x 400g tins of plum tomatoes

250ml Chianti or other good red wine 4 free-range chicken thighs, bone in 8 black olives (stone in) 200g seeded wholemeal bread

1. Preheat the oven to 190°C/375°F/gas 5. Peel the onion and cut into eighths, trim, wash and slice the leek, peel and slice the garlic. Place a large ovenproof casserole pan on a medium heat. Finely slice the pancetta, pick and finely chop the rosemary leaves, then place both in the pan with 1 tablespoon of oil and the bay leaves. Stir regularly for 2 minutes, then add the garlic,

"This truly comforting one-pan supper contains three of our 5-a-day, and the chicken fulfils half of our daily vitamin B12 needs, helping us make healthy red blood cells"

followed by the onion and leek. Cook for 10 minutes, stirring regularly. 2. Meanwhile, chop the squash or sweet potato (wash first) into bitesized chunks, leaving the skin on and discarding any squash seeds. I like to cut the stalk and face off the mushrooms because it looks nice - just add the trimmings straight to the pan, along with the whole mushrooms and chopped squash or sweet potato. Remove and discard the chicken skin and add the chicken to the pan. Pour in the wine and let it reduce slightly, then add the tomatoes and break them up with a wooden spoon. Half-fill each tin with water, swirl about, pour into the pan and mix it all together. Destone the olives, then poke them into the stew. Bring to a gentle simmer, then transfer to the oven to cook for 1 hour 20 minutes, or until thick, delicious, the chicken falls off the bone and the squash or sweet potato is lovely and tender. Season to perfection, then serve with bread to mop up that tasty sauce.

CALORIES FAT FAT SAT PROTEIN CARBS SUGAR FIBRE TIME
421kcal 12.2g 2.7g 25.2g 45.1g 17.1g 9.1g 20mmler

Everyday Super Food by Jamie Oliver is published by Penguin



Random House
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(2015 Everyday Super
Food) Photographer:
Jamie Oliver





# SUPER BOWLS

They're nourishing, full of goodness and completely delicious, but we're not really used to broths being filling too. Enter **Nick Sandler** (creative chef for Pret à Manger) and his brilliant recipes – perfect for lunch or dinner

### SAUERKRAUT BROTH WITH HAM HOCK & POTATOES

Serves: 2

Prepare: 5 minutes Cook: 20 minutes

300g new potatoes 600ml chicken stock (see recipe on p.103) 150g sauerkraut (I use a naturally fermented one from my local health food shop)



200g shredded ham hock 200g leeks, washed and sliced Small bunch of flat-leaf parsley, roughly chopped Salt and freshly ground black pepper

- 1. Cook the potatoes in boiling water for 15 minutes until just tender but still firm. Drain.
- 2. Heat the stock in a medium saucepan. Give the sauerkraut a light squeeze to remove the liquid, then add it to the stock along with the, ham hock and leeks. Simmer for 5 minutes until the leeks are soft. Add the potatoes, sprinkle on the parsley and season with salt and pepper to taste.

## DUCK & TAMARIND BROTH WITH RICE & SALSA

Serves: 4
Prepare: 10 minutes
Cook: 20 minutes

For the salsa % red onion, diced
Juice of 1 lime
% red pepper, cored, deseeded
and diced
% yellow pepper, cored, deseeded
and diced
A small bunch of coriander,
stalks removed, washed
and chopped

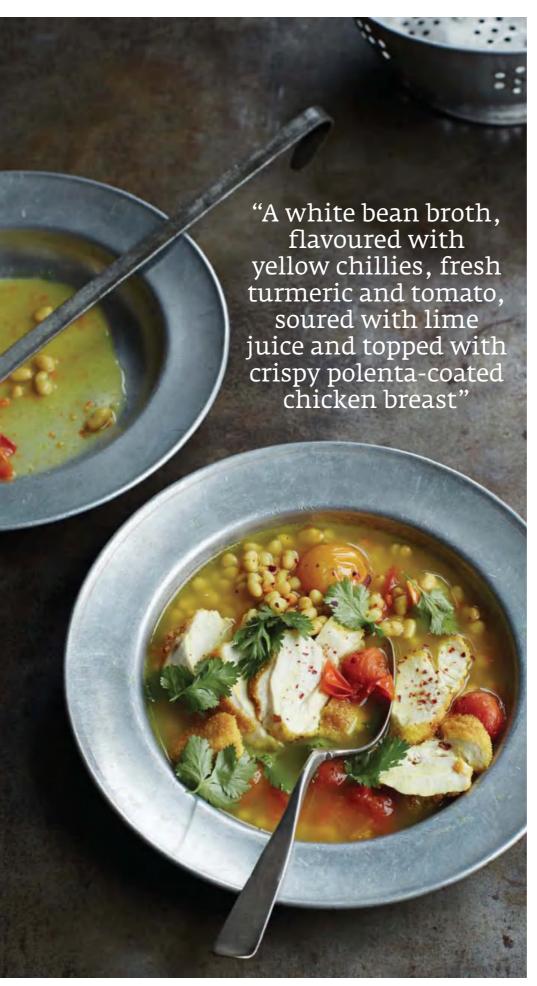
#### For the broth:

3-4 unskinned duck breasts, skin lightly scored with a knife 1 tbsp sesame seeds 1 tbsp teriyaki sauce, plus extra for serving if desired 1 litre duck stock 12 tamarind, crunchy outer shell removed 400g long-stem broccoli 400-500g cooked long grain white rice

**1.** Mix the ingredients for the salsa together in a small bowl and set aside. Coat the duck breasts with the sesame seeds and teriyaki sauce. Place, skinside down, in a dry frying pan and gently fry for about 10 minutes. Turn over and cook for a further 3 minutes. Leave in the pan until needed. 2. Meanwhile heat the duck stock with the tamarind. Whisk as it simmers until the tamarind pulp has dissolved leaving the seeds and pith. Strain off the stock, discard the unsightly bits and return to the saucepan. Add the broccoli and simmer for 3 minutes until cooked but al dente. Add the rice and simmer to heat, then pour into a serving dish. Slice the duck on top and serve with the salsa and extra teriyaki sauce, if you wish.

"Tamarind is a bean-shaped fruit filled with dark, sticky sweet pulp. It imparts a deep fruitiness into this luxurious broth. Preparing tamarind is usually a messy business – but not in this recipe!"





#### PERUVIAN LIME AND CHILLI BROTH WITH CHICKEN

Serves: 4 Prepare:

Cook: 50 minutes

200g yellow cherry tomatoes, cut in half 200g red cherry tomatoes, cut in half Salt Olive oil ı litre chicken stock (see recipe on right) A small piece (approx. 15g) of fresh turmeric root, peeled and finely chopped (wear gloves while doing this to avoid the realistic nicotine stains) 1 tsp fresh hot red chilli, finely chopped Juice of 1 lime 400g tin small white beans, drained (cannellini are perfect) 2 tsps turmeric powder 1 tbsp polenta 4 unskinned chicken breasts 2 tbsps vegetable oil Small bunch of fresh coriander, leaves plucked, to garnish



1. Preheat the oven to 180°C/Fan 160°C/Gas 4. Place the tomatoes on a baking dish, season with salt and olive oil and roast in the oven for 30 minutes.

2. Heat the stock. Add the tomatoes, turmeric, chilli, lime juice, beans and a touch of salt, if needed. Simmer for 3–5 minutes.

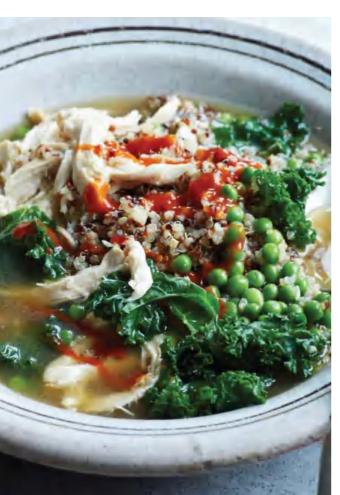
3. Meanwhile, mix together the turmeric powder, polenta and 1 teaspoon of salt. Use the mixture to coat the chicken breasts. Heat a non-stick frying pan and add the vegetable oil. Fry the chicken breasts over a medium heat for 8 minutes on each side until golden brown and cooked through.

4. Pour the broth into a serving dish and slice the chicken breasts

on top. Garnish with the coriander leaves.

#### SAVOURY QUINOA CHICKEN BROTH WITH KALE

Serves: 4 Prepare: 5 minutes, plus cooling time Cook: 20 minutes



"This broth tastes clean and ever so fresh, and is perfect as a light lunch or early evening meal. You can cook the quinoa and shred the chicken in advance. When you return home, simply heat the stock, throw in the ingredients and voilà! A steaming bowl of lean, delicious food is ready"

1 litre chicken stock (see recipe below) 4 medium skinless, boneless chicken breasts 400g kale, thoroughly washed and thick stalks removed, then shredded 250g petits pois 400g cooked quinoa A swirl of sriracha sauce (optional), to serve

- Heat the stock in a large saucepan over a medium heat, add the chicken breasts and simmer for 15 minutes, then remove them from the stock and allow to cool for 10 minutes.
   Hand shred the meat and either return to the stock or place in the fridge in an airtight container until needed, no longer than 2 days. Likewise, you can cool and store the stock in the fridge after this stage.
- 3. To finish off your dish heat the stock in a large saucepan, add the chicken and kale and simmer for 2–3 minutes. Add the petits pois and quinoa and heat for a further couple of minutes until steaming hot but not boiling.
  4. Serve in deep bowls with sriracha sauce, if you wish.

#### **CHICKEN STOCK**

Makes: 4-4.5 litres Prepare: 5 minutes Cook: 4-8 hours

200g leeks, washed and roughly sliced
200g celery sticks, snapped into two or three short pieces
300g carrots, washed but unpeeled, roughly chopped
300g onions, unpeeled but root end removed, roughly chopped
1 head of garlic, sliced in half, any rooty bits removed
3kg raw chicken carcasses, including wings and necks, if available

2 pig's trotters (optional)

- 1. Place all ingredients in a very large saucepan with enough water to cover everything and bring to the boil. Reduce the heat to a gentle simmer. You don't want the liquid to bubble away merrily as it will reduce too fast and the surface oil will mix with the stock, making it taste fatty.
- 2. Simmer for most of the day, minimum of 4 hours, preferably for 6–8 hours. When the stock is ready the liquid will be clear and the meat melting off the bones. Pour the stock through a sieve into a large bowl and distribute into Tupperware pots with tight-fitting lids, using a ladle.

#### **DUCK STOCK**

Makes: 3 litres Prepare: 5 minutes Cook: 4-8 hours

2 celery sticks, snapped in two A sprig of rosemary 2 bay leaves Couple of sprigs of thyme Small bunch of flat-leaf parsley, including stalks 2 onions, unpeeled but root end removed, roughly chopped 1 medium head of garlic, halved 4 medium carrots, washed but unpeeled, roughly chopped 2.5kg duck bones 2 tsps porcini mushroom powder or dried pieces ¼ bottle red wine 50g tomato purée 250g ripe tomatoes, halved

**1.** Follow the same method for the chicken stock



Recipes taken from The Magic of Broths by Nick Sandler (£14.99, Kyle Books). Photography: Ali Allen.

# FULL OF FLAVOUR

These delicious buys make eating healthily a whole lot easier!



#### 1 Spirelli 2.0 Spiral Cutter, £24.95 inthehaus.co.uk

Using the principle of a pencil sharpener, this spiral slicer transforms firm vegetables into endless spirals at a flick of the wrist. What's more it's much more compact than the usual spiralizer.

2 B Free Quinoa & Chia Seed Wraps, £3.25 from Asda, Tesco and Ocado Packed with superfoods, including quinoa, chia, teff and flaxseeds, these gluten-free wraps will help you slowly release energy throughout the day

3 Hodmedod British Quinoa/Split Fava Beans, £3.79/£2.29 hodmedods.co.uk Trendy superfoods are often produced in far flung locations, so it's great to discover British made quinoa. Jam packed with protein, this is a grain that really lives up to the hype. We love Hodmedod's fava beans too.

4 Uncle Roy's Light & Nutty Mustard Seed Oil, £4.99 for 250ml

#### uncleroys.co.uk

Rapeseed may be the oil of the moment, but mustard seed oil is also a great option. It's low in saturated fat and packed with omega-3, plus the high smoke point makes it great for cooking.

#### 5 Clarks Carob Fruit Syrup, £2.39 ocado.com

Made using Carob pods from Spain, this natural sweetner that has a low glycemic index, which, gram per gram, has 41% less sugar than white refined sugar

6 Country Products Fruit & Nut Mix, £1.84 for 200g countryproducts.co.uk This simple, wholesome mix of brazil nuts, walnuts, almonds, hazelnuts, peanuts and raisins contains nothing but the good stuff

#### 7 MOJU Cold Pressed Juice, £2.95 shop. mojudrinks.com

These are some of the best tasting juices out there; at least four portions of fruit

8 Abel & Cole Heavenly Veggie Recipe Box, £33 abelandcole.co.uk This tempting recipe box (serves two for three meals) is perfect for cooks who are looking to reduce their meat intake but aren't sure where to start. The produce is top quality and the recipes genuinely inspiring.

#### 9 Hampshire Game Venison Steak, £6.12 ocado.com

Super lean with barely any trace of fat at all, venison is one of the healthiest meats going – and is completely delicious as well

10 Village Dairy Natural/Forest Fruit Big Pots £1.50 villagedairy.co.uk Forget ice cream, Village Dairy's super indulgent yoghurts are a fantastic treat. The Forest Fruit flavour is fab with cereal and fruit, while the Natural pot makes a great alternative to cream in recipes.

#### 11 B Fresh Cold Pressed Pure Juice, £15 for 6 b-fresh.co.uk

Made using fresh seasonal produce from a farm in Shropshire, these tasty high fruit count makes them great for











This young company is on a cereal mission to reinvigorate breakfast; with wheat-free, salt-free and low sugar granola

t's taken time for the team at Chiltern Natural Foods to discover the perfect combination of ingredients for their natural low sugar breakfast cereals. Owner Susie Maynard explains ' We wanted to make a granola that was not full of sugar and salt but that also tasted great so came up with eight fantastic flavours. However customers also asked us time and time again to make gluten free granola, so It's taken two years to get the those flavours just right.

The result is a collection of delicious and thoughtful cereals. The imaginative flavours offer something colourful and vibrant to the market, ensuring breakfast is something to look forward to even if you aren't eating wheat.

The crucial ingredient in these granolas (and in all the company's other cereals) is jumbo whole grain oats (and certified gluten free oats in the four GF flavours) Using the natural, whole oat grain is

important, as they pack in protein, magnesium, potassium and iron as well as vitamins E and B.

The science behind oats also shows that the grain keeps us fuller for longer. "All in all, wholegrain oats give a really satisfying tasty breakfast and fill you up all morning. They definitely stop you getting the mid-moring munchies," adds Susie. In addition, oats don't contain any sodium which was important as Susie wanted all the cereals to be low in processed sugar and not have any salt content.

Sugar is kept under control by using freeze dried fruits that don't have any added sugar.

The freezing process keeps all of the fruit's natural flavour, and also adds another crunchy texture to the mix. Nuts in the recipes are all toasted to give them extra depth of flavour, and then subsequent additions, such as cinnamon or almond extract, are added

CHARLES IN CO.

to create the final product. The cereals are slightly sweetened with honey - that doesn't need much to give a lovely sweetness without all the processed sugar.

Among the items banned from entering the

Chiltern Natural Foods kitchen you'll find e-numbers, artificial colouring, additives and fillers. The company's philosophy is centred on creating a product with simple, easily-understood ingredients lists. The team has been making cereal for about 10 years and over that time has developed a real understanding for the free-from market. "In essence, our cereals are wheatfree, salt-free, low in sugar and high in fibre.Once our customers have tasted the granola and cereal, they come back time and time again to buy more! If people want to lower the sugar content in their diet, this is a great place to discover that freefrom salt and gluten doesn't mean freefrom flavour.'

chilternnaturalfoods.com



# Great tasting British Stilton made the traditional way

Our unique family heritage, traditional craftsmanship and passion for great cheese, help make Cropwell Bishop Stilton so tasty.

Contact us to find out more about our range of delicious cheese

telephone: +44 (0)115 989 2350 www.cropwellbishopstilton.com



follow us on Twitter @YummyStilton





You can't beat the blues when it comes to a crowd-pleasing winter cheeseboard

#### 1 Harbourne Blue, DEVON

Made in the Dart Valley, this soft and milky blue-veined goat's cheese has a sweet herbaceous flavour. £9.75 for £250g from

£9.75 for £250g from paxtonandwhitfield.com

#### 2 Garstang Blue, LANCASHIRE

This indulgent cheese has a velvety texture and its snowy white appearance is decorated with blue veins radiating from the rind. Its light taste and versatile nature make it brilliant for crumbling on top of pastas and salads.

£18-19 per kg from Waitrose

#### 3 Barkham Blue, BERKSHIRE

A creamy yellow interior inside a rustic rind. Its rich flavour complements the smooth buttery texture, which melts in the mouth. £9 for 250g from paxtonandwhitfield.com

#### 4 Cropwell Bishop Blue Stilton Classic, NOTTINGHAMSHIRE

The tangy flavour of this characterful Stilton makes it a great addition to any cheeseboard. An ageing process of up to 12 weeks gives this cheese a lovely mature taste. £27 for quarter from cropwellbishopstilton.com

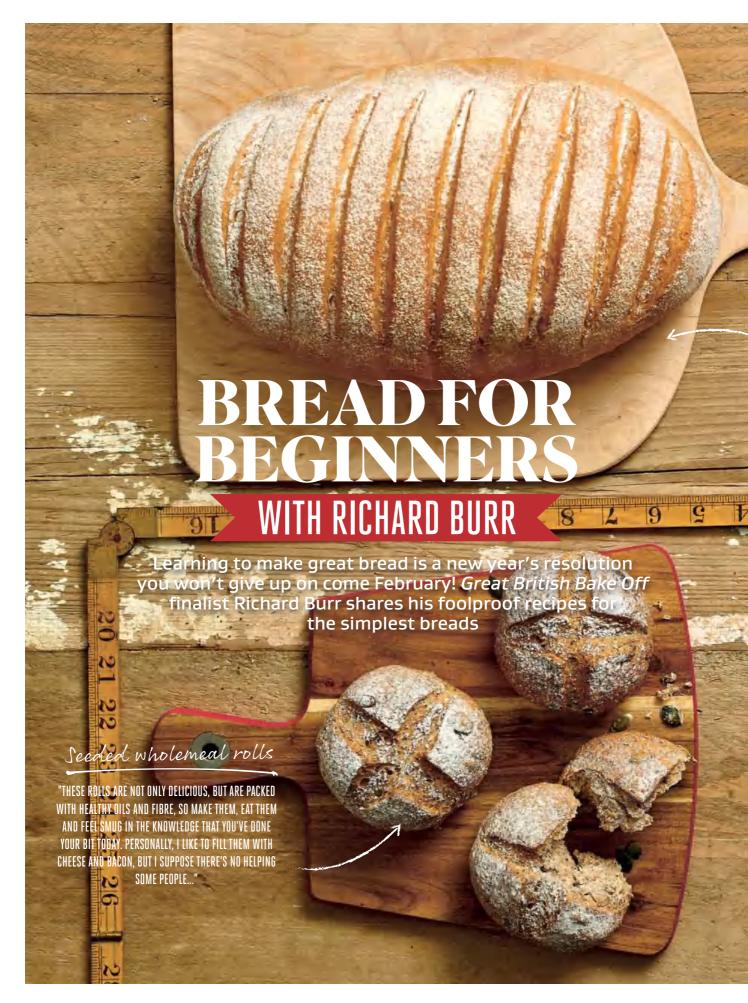
#### 5 Organic Bledington Blue, GLOUCESTERSHIRE

Made by hand at Daylesford farm, the soft and creamy texture of this palmsized cheese makes it a great toast-topper. The rich flavour goes particularly well with sourdough, too.

£10 for 350g from Ocado

#### 6 Harrogate Blue, NORTH YORKSHIRE

Made from Yorkshire cow's milk, this luxuriously creamy cheese is a guaranteed crowd-pleaser as it contains no sharp bite. £3.15 for 170g from shepherdspurse.co.uk





#### SIMPLE WHITE BLOOMER

Makes: 1 loaf

Prepare: 20 minutes, plus

proving time Cook: 35 minutes

500g strong white bread flour, plus more to dust 1 tbsp 'quick' yeast 2 tsps table salt 2 tbsps olive oil, plus more for the bowl 300ml water

- 1. Stick the flour in a large bowl. Add the yeast to one side of the bowl and the salt to the other and mix with a wooden spoon. Add the 2 tablespoons of oil and the water and continue to mix, using the spoon at first, then, once it stops looking sticky, your hands, until all the flour has come away from the sides; this dough should leave the bowl pretty clean.
- 2. Tip out on to a lightly floured surface and knead for 10 minutes. Once the dough is smooth, rub a few drops of oil around the bowl, pop the dough back in it, cover with cling film and leave at room temperature for 1-2 hours until it has at least doubled in size. It is worth taking a photo of it on your phone so you can compare later to see whether it's risen enough. If you're feeling impatient, stick it somewhere warm (such as the airing cupboard). You'll still make a nice loaf but it won't be as flavoursome. (That's because flavour develops as a yeasted dough proves, so speeding up the process means you miss out on some of that extra taste.)
- 3. Once it's proved, tip out the dough on to a very lightly floured surface and 'knock back', by folding it in on itself, about 6 or 7 times to pop the large air bubbles. Pat into a long oval shape, about 25cm long, and put on a baking tray lined with baking parchment. Put the tray inside a plastic carrier bag the bag shouldn't touch the dough but should form a tent around it and leave it to prove again for 1 hour.
- 4. Preheat the oven to 240°C/Fan 220°C/Gas 9, fill a small roasting tin with around 200ml of boiling water and put it in the bottom of the oven (this will help to form a crunchy crust on the loaf).
- **5.** Remove the dough from the plastic bag and, with a very sharp knife, slash the loaf diagonally at 2cm intervals along the top, then dust lightly with flour.

**6.** Bake for 30–35 minutes until a rich brown colour. To check the loaf is done, turn it upside down and tap the base; it will sound hollow when it is cooked. Leave on a cooling rack until cold.

#### SEEDED WHOLEMEAL ROLLS

Makes: 8

Prepare: 30 minutes, plus

proving time
Cook: 20 minutes

500g strong wholemeal bread flour, plus more to dust 2 tsps table salt 1 tbsp 'quick' yeast 50g unsalted butter, in small cubes 50g pumpkin seeds 3 tbsps sunflower seeds 2 tbsps sesame seeds 2 tbsps poppy seeds 350ml water

- 1. Put the flour, salt, yeast and butter in a bowl, making sure you add the salt and yeast to opposite sides of the bowl, then mix with a wooden spoon. Add all the seeds and mix again. Add the water and stir together until the flour has come away from the bowl.
- 2. Tip out onto a floured surface and knead for 5–10 minutes until the dough becomes stretchy. The bigger seeds will fall out a lot during the kneading, but just keep poking them back in.
- 3. Once the dough is stretchy and as smooth as dough filled with hundreds of seeds can be, place in a bowl, cover with cling film and leave at room temperature for about 2 hours until doubled or trebled in size. You might want to take a quick

picture on your phone to check later how your rise is going.

- 4. Tip the risen dough on to a lightly floured work surface and knock back by folding the dough in on itself 6 or 7 times. Allow the dough to rest for 5 minutes, then cut it into 8 pieces by halving, then halving again, then again... or if you're feeling particularly precise you can weigh the dough and divide the total by 8.
- 5. Roll the 8 portions of dough into balls and place on a baking tray lined with baking parchment. Cover with a plastic bag the bag shouldn't touch the rolls but should form a tent around them and leave to rise for about 1 hour.
- **6.** Once risen, preheat the oven to 240°C/Fan 220°C/Gas 9, cut crosses in each roll with scissors and lightly sprinkle with flour.
- **7.** Bake for 15–20 minutes or until the rolls sound hollow when tapped on the base.

#### BLACK OLIVE AND ROSEMARY BREADSTICKS

Makes: 40-50

Prepare: 20 minutes, plus

proving time Cook: 30 minutes

500g strong white bread flour, plus more to dust 10g table salt 10g 'quick' yeast 2 tbsps dried rosemary 200g pitted black olives in brine (drained weight) 250ml water 50ml olive oil

- 1. Measure the flour, salt, yeast and rosemary into a bowl, making sure you add the salt and yeast to opposite sides of the bowl. Mix with a wooden spoon.
- 2. Finely chop the olives (leave nothing bigger than 5 x 5mm). Tip them into the bowl and mix in. Add the water and olive oil and mix with a wooden spoon until the flour has all come away from the bowl.
- 3. Tip out on to a floured work surface and knead for 5–10 minutes until smooth and elastic (the dough will turn a bit grey, due to the olives).
- 4. Roll out on a well-floured work surface into a rectangle about 50 x 25cm. Cut 40–50 strips out of the rectangle widthways, so they are each 25cm long and lay on 2 baking trays or sheets lined with baking parchment.



- 5. Cover with a plastic bag and leave for 20-30 minutes (the bag shouldn't touch the dough but should form a tent around it). Preheat the oven to 220°C/Fan 200°C/Gas 7.
- 6. Bake for 25-30 minutes. Take out and allow to cool completely on 2 wire racks to fully dry them out (this is important).
- 7. If they are not all hoovered up in a single sitting, store in an airtight container in a dry place and they will last for a few days before they turn soft.

#### **EXTRAS**

Now you can make the dough, you can put whatever you like in it. Remember to cut the flavourings up quite small if you want to get straight sticks; any preserved vegetables, such as sun-dried tomatoes, work. Don't be afraid to chuck in the salt; it really helps the flavour

#### GREEN OLIVE AND **ROSEMARY FOCACCIA**

Makes: 2

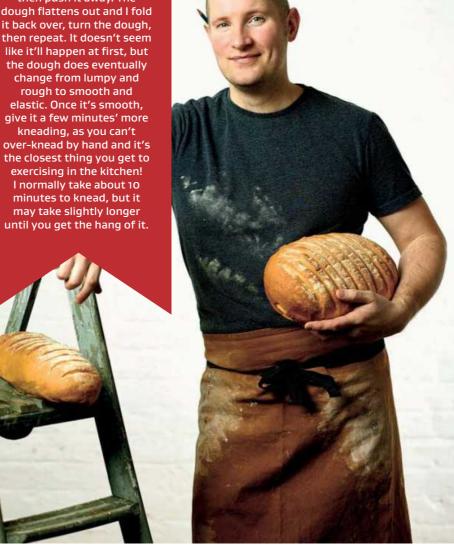
Prepare: 20 minutes, plus

proving time Cook: 25 minutes

500g strong white bread flour, plus more if needed 2 tsps table salt 1 tbsp 'quick' yeast 50ml olive oil, plus more to knead, prove and shape 350ml water 20 pitted green olives, in brine or oil A few sprigs of rosemary Sea salt flakes and freshly coarse-ground black pepper

- **1.** Measure the flour, salt and yeast into a bowl, making sure you add the salt and yeast to opposite sides of the bowl, then mix with a wooden spoon. Add the 50ml of olive oil and all the water then combine with the spoon until you have a wet dough.
- 2. Pour about 2 tablespoons of olive oil on to a work surface and tip out the dough on to it. Knead for at least 10 minutes. The dough will be sloppy and this is going to be a messy business, so don't worry if you get your hands covered. Use your judgement about whether to add more flour: don't add too much, as it should remain a wet dough.
- 3. Oil an ice-cream tub or any large

Everyone kneads differently, but the most important thing is to stretch the dough. I push the heel of my palm into the centre of the dough, squishing it down, then push it away. The dough flattens out and I fold it back over, turn the dough, then repeat. It doesn't seem like it'll happen at first, but the dough does eventually change from lumpy and rough to smooth and elastic. Once it's smooth, give it a few minutes' more kneading, as you can't over-knead by hand and it's the closest thing you get to exercising in the kitchen! I normally take about 10 minutes to knead, but it may take slightly longer until you get the hang of it.



plastic container (more than 2-litre capacity) and plop the dough in. Cover with cling film and leave to rise at room temperature for 1–1½ hours until it has at least doubled in size. It might be worth taking a photo of the dough on your phone so you can compare later to see whether it has risen enough.

4. Pour another couple of tsp of oil on to a work surface and gently tip out the risen dough. Take 2 long knives and oil the blades. Cut the dough into 2 equal pieces: use 1 knife to cut them, then slide the other knife alongside the first and use both knives to push the halves apart. (This is the easiest way of prising the dough into 2 pieces.) Gently pick up each half and place

on a baking tray lined with baking parchment, forming each into a thin lozenge shape.

- **5.** Cover with a plastic bag and leave to rise for 45 minutes. (The bag shouldn't touch the loaves but should form a tent around them )
- 6. Preheat the oven to 220°C/ Fan 200°C/Gas 7 and uncover the dough. Cut the olives in half lengthways and press firmly into the dough. Drizzle with a few more tbsp of oil and lay cut sprigs of rosemary on top. Season with sea salt flakes and pepper.
- **7.** Bake for 20–25 minutes, then remove and cool on 2 wire racks. Drizzle with more olive oil before cutting into strips and eating.

Recipes taken from BIY: Bake It Yourself by Richard Burr (£20, Quadrille) Photography: **Chris Terry** 





FOR FLAVOURS THEY'LL SIMPLY ADORE



MAKE THE #MOVETOMAPLE







Joie Lemon Juicer Mister, £5.79, thegiftoasis.com

Love Pancake recipe from lylesgoldensyrup.com



Handmade Sea Salted Caramel,

£5.95, cutterandsquidge.com







Batter Dispenser, £8, Lakeland

**Hotpoint Kitchen** Machine, £299.99,

hotpoint.co.uk

# **Flipping Fantastic!**

Have some fun with the family this Pancake Day (February 9) with these kitchen must-haves

Silicone Pancake Turner, £8, John Lewis Egg Crackpot, £13, Debenhams













# Enjoy a boutique break in Dorest

Described by the Mail on Sunday as a "jewel on the Dorset coastline", The Kings Arms offers a relaxed gourmet stay in the heart of Christchurch, Dorset. With a Michelin Bib Gourmand Award winning restaurant, a new stylish bar and a picture perfect setting overlooking Christchurch Castle,

The Kings Arms provides all of the ingredients for a fantastic few days away.

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The Kings Arms

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Terms and conditions - Rate is based on a mid week stay for 2 people sharing a cosy twin/double room. Supplements apply for upgrading room types and weekend stays. Dinner is an allocation of  $\angle 25$  per person. Rate valid from 4th January until 14th February 2015. This is a pre-paid rate, cancellations and amendments cannot be made.

# Food Tourist

Great British Food uncovers the UK's finest pubs, restaurants, hotels & foodie destinations for your eating pleasure











- \* Newcastle\*
- \* Sheffield \*
  - \* Surrey \*
- \* Hemsley \*
- \* North Norfolk\*











#### What to see in a day...

There's a reason why holidaymakers flock to North Norfolk - it really is like stepping back in time; there are no motorways, many villages have thriving butchers and bakers and the numerous pubs feel genuinely 'local'. It's no surprise, then, that so many Londoners have fallen for the region's beauty and bought second homes (it's light-heartedly known as Chelsea-on-Sea), but this certainly doesn't dilute North Norfolk's charm. Apparently there are more micro-breweries per square mile here than anywhere in the UK, while the mouth-watering local produce ranges from fresh oysters and wonderful meat to artisan cheese and charcuterie.

There are so many towns and villages to explore it's almost impossible to choose one to focus



on, but if you're only around for the day we recommend sticking to the coast. If you've brought the car the quiet roads are wonderful to drive, though the **The Coast Hopper (coasthopper. co.uk)** is a fabulous bus service that regularly runs from King's Lynn to Cromer, stopping at all the popular villages.

Holkham Beach is regularly voted one of Britain's finest, and looks equally stunning during



the heat of summer or on a cold crisp winter's day. Take in its unspoilt beauty before walking to **The Victoria Inn (holkham. co.uk)**, a beautiful gastropub with rooms located at the gates of Holkham Hall, a glorious Downton-esque country pile that's also worth a visit. The inn serves up venison, beef and game from the Holkham Estate, and the team make a point of sourcing seasonally available



ingredients from suppliers close to The Victoria.

Spend the rest of the afternoon exploring Burnham Market, with its lovely brick and flint buildings and array of foodie stores. Gurney's Fish Shop (gurneysfishshop.co.uk) is a cornucopia of fishy delights, while Humble Pie deli (humblepie.com) has everything you need for stocking up on produce.

For a relaxed dinner head down the coast to Cromer, home to **Upstairs at Noi (noicromer. com)**, the latest restaurant from renowned Norfolk chef Galton Blackiston. With beautiful views of the waterfront and Cromer pier, the diner-style restaurant serves up modern fish dishes like crab burgers, monkfish curry, steamed prawn buns and cockle popcorn. They also do a mean plate of proper fish and chips.

#### What to see in a weekend...

#### DAY ONE

Our accommodation was in Blakeney. As one of Norfolk's prettiest coastal villages, it makes a great base for exploring the area, but is also well worth a visit even if you're not staying nearby. Start your morning with a stroll to the harbour, past the high street's charming flint cottages, popping into the Blakeney Delicatessen (blakeneydeli.co.uk) for one of its famous sausage rolls, warm



from the oven. Regular boat trips sail from the harbour, and Blakeney Point (nationaltrust. org.uk/blakeney), a popular bird sanctuary that's also home to common and grey seals, is also close by.

For lunch, head inland to the Georgian village of Holt for lunch and shopping at **Byfords**. (byfords.org.uk) - an all-day café that also incorporates a lovely deli and luxurious B&B. The main menu is absolutely enormous and packed with mouth-watering dishes, from homemade pasties and posh cheese on toast to groaning seafood and cheese platters and freshly-baked pizzas. Spend the rest of the afternoon browsing the numerous quirky boutiques, galleries, bookshops and antique shops tucked away down Holt's alleyways and courtyards. We particularly liked Bakers and Larner's (bakersandlarners. co.uk), a fabulous old-fashioned department store.

#### DAY TWO

On the second day of your adventure head back to the coast and stop at Wells-Next-The-Sea – a popular harbour town between Holkham Beach and Blakeney Point. More down to earth than posher parts of North Norfolk, with its amusement arcades, hungry seagulls, ice cream and cockles, it's a great place for traditional seaside fun. For lunch, try The Globe Inn (theglobeatwells.co.uk), a recently revamped restaurant/ B&B that's beautifully decked out in lovely coastal chic touches. The menu is full of crowd-pleasers, including



#### Where to Stay

There's so much to explore in North Norfolk it makes sense to go self-catered so you can come and go as you please.

- \* The Blakeney Cottage Company opened its doors in 2005 offering a handful of lovely self-catering cottages to let in Blakeney village. Ten years on and they now have a portfolio of around 120 high quality self catering properties throughout North Norfolk, ranging from romantic boltholes to large manor houses and barn conversions. Well known for the high standard of accommodation offered and a reputation for staff that always go the extra mile, this small family business is a fantastic option for your holiday accommodation. blakeneycottagecompany.co.uk
- \* Barefoot Retreats also offer an eclectic selection of gorgeous homes – from stylish apartments and dog-friendly coastal cottages to honeymoon boltholes and even party houses suitable for large groups. barefootretreats.co.uk

local dressed crab, warming homemade soup and a fabulous venison burger.

If you love nature, head to Pensthorpe Nature Reserve (pensthorpe.com) – one of Norfolk's most popular attractions – for an afternoon of scenic garden walking and wildlife spotting. If hunger takes over, the reserve's Courtyard Café does a cracking afternoon tea.

For dinner we'd recommend The Norfolk Riddle (norfolkriddle.co.uk) at Walsingham Abbey. Part of Walsingham Farm Shop (it's just a few seconds away from the well-loved store), the restaurant is a local favourite and even has a chip shop on site in case you fancy something a bit more casual. As you'd expect from a farm shop eatery local produce features heavily on the menu; we started with a delicious platter of nibbles from the store, including a pork pie, homecooked ham and local cheese. The mains are varied and very tempting, ranging from steak pie and mash to confit pork belly and a hearty crab salad. For more information visit visitnorthnorfolk.com

# Out & About

Rain or shine, these fabulous hotels, restaurants and attractions are perfect for a winter getaway

# A Weekend Away

WHERE? THE BLACK SWAN, HELMSLEY









#### Why we like it?

Sat overlooking the North Yorkshire town of Helmsley this cosy boutique hotel is the perfect place for a laid-back getaway. Curious guests will no doubt find themselves in the quaint walled garden at some point – it's the ideal hideaway to indulge in the hotel's award-winning afternoon tea, including its own impressive Cygnet tea range and homemade scones with jam and cream. Tucked away inside the décor is an attractive mix of antique furniture and chic, contemporary touches, while all the communal rooms are pure serenity; we spent a lovely late afternoon in front

of the roaring open fire in The Tudor Lounge. There's also plenty on your doorstep to explore, with awe-inspiring displays at the nearby International Birds of Prey Centre, food shopping at Hunters of Helmsley deli and the opportunity to explore the stunning Yorkshire Moors just a short drive away. After a long day you won't feel in the slightest bit guilty retiring to your room - they're so charming and relaxing, we guarantee it'll be lights out within a couple of minutes.

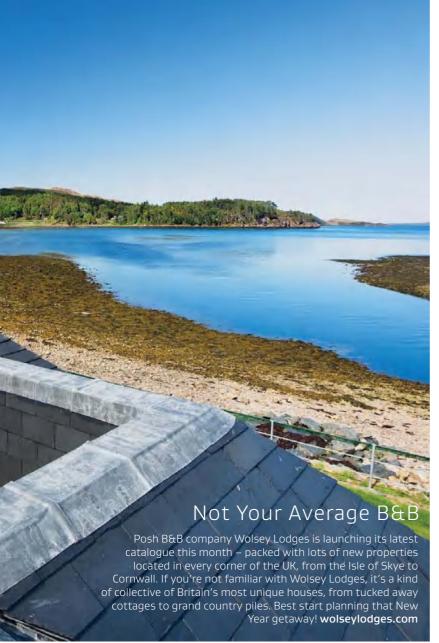
#### And the food...

The Black Swan is famed for its stunning food – served in The Tearoom and the 3 AA Rosette fine dining restaurant, The Gallery. A strong emphasis is placed on sourcing fantastic seasonal ingredients, and the resulting menu is bold, exciting and gloriously tasty. We went for the Six Course Tasting menu, which at £50 is fabulous value considering the top quality of the food; in London it would easily be double. Highlights include Gressingham duck with quince and peanut brioche, a twicebaked Montgomery Cheddar cheese soufflé and the most decadent chocolate tart with banana and lime. blackswanhelmsley.co.uk





Lots of bars have great gin selections these days, but how many actually have their own distillery? Bealim House in Newcastle is unlike anything else in the area, home to The Newcastle Gin Company and the city's only working in-house gin still. As well as serving innovative cocktails, the bar also served gin-infused food – including it's famous gin cake.



## RESTAURANT OF THE MONTE



Sheffield certainly isn't lacking in exciting food options, and Pointing Dog – located right on the city's trendy Ecclesall Road – is a brilliant new addition. Housed in a former Polish ex-servicemen's club, the historic building has been lovingly restored, maintaining original features while adding some fantastic extras, including a sprawling outdoor terrace and a huge New York-style tavern bar. The restaurant's food really shines when it comes to sharing dishes, from a heaving seafood anitipasto plate to a whole crispy duck with pancakes, and a spectacular BBQ platter piled high with chicken satay, sticky pork belly fingers and spiced onion rings. Dishes cooked on the wood-fired grill also take up a good chunk of the menu and we loved the melt-in-the-mouth pork chop 'tomahawk' and tender strip steak – both seared to absolute perfection.

#### Try Something New

Expand on your cooking knowledge at the sleek, state-of-the-art Season cookery school

#### The cookery school

Located in a renovated 17th century well house (the neverending well is the focal point of the dining room floor, covered with a thick pane of glass you can walk across), SEASON is just a stone's throw from the Lainston House's garden, which supplies the kitchens with the finest fresh ingredients. Classes are eclectic and diverse. ranging from hands-on tutorials on how to host a show-stopping dinner party to lessons on learning indispensable knife skills. Lessons are taken by professional chefs who ensure the sessions are equally

entertaining, informative and accessible all for cooks.

#### Eat and stav

For a really fantastic time away, we'd recommend staying at the beautiful Lainston House once you've decided which cookery class to attend. The hotel is set in gorgeous and spacious grounds and be sure to book a table at the elegant The Avenue restaurant, where you can eat your way through gorgeous options like the tender and succulent confit duck starter and a delicious coconut parfait to finish.

lainstonhouse.com



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# 8 IDEAS WITH... PURPLE SPROUTING BROCCOLI

This colourful brassica is welcome relief in the colder months when homegrown produce is sparse. Try serving it as a main instead of something on the side – its robust texture and flavour deserves some attention!

#### 1 GRILLED PURPLE SPROUTING BROCCOLI WITH TAHINI DRESSING

Crush a garlic clove and mix with 2 tablespoons of tahini, lemon juice, a teaspoon of honey, a tablespoon of oil and season. Trim 200g broccoli, then boil for 4 minutes. Drain and toss with a little oil, then sear in a hot griddle pan for 5 minutes, turning regularly until charred. Serve with the dressing.

#### 2 PURPLE SPROUTING BROCCOLI WITH HAM & POTATOES

Boil 300g new potatoes in salted water for 20 minutes, then drain, halve and toss with crème fraiche and dill. Boil purple sprouting broccoli until tender, then mix into the potatoes. Serve on top of slices of air-dried ham with crème fraiche.

#### **3 PURPLE SPROUTING BROCCOLI SALAD**

Blanch 500g trimmed broccoli in salted water for 2 minutes, then drain and char on a griddle pan for 3 minutes. In a bowl, mix 200g sliced mushrooms, a sliced red onion and 150g black olives. Add the broccoli, then whisk together 2 tbsps red wine vinegar and 2 tbsps rapeseed oil and pour over the vegetables.

#### 4 PURPLE SPROUTING BROCCOLI, FETA & SHALLOT TART

Heat the oven to 200°C/Fan 180°C/Gas 6 and place a baking sheet inside. Heat oil in a pan, then gently fry 300g quartered shallots and 300g purple sprouting broccoli. Add a splash of balsamic vinegar. Transfer to the oven with a few rosemary sprigs and roast for 20 minutes. Roll out ready-made shortcrust pastry, then pile the cooked veg into the centre, leaving 5cm around the outside. Crumble over Feta, then fold

the pastry over the top. Brush with egg wash, then bake for 20 minutes.

#### **5 PURPLE SPROUTING BROCCOLI SOUP**

Fry sliced onions, garlic and 500g purple sprouting broccoli in a pan for 10 minutes until soft. Add smoked paprika, salt, pepper and thyme, then pour in a litre of vegetable stock and simmer for 10 minutes. Stir through a large handful of watercress, then blend until smooth. Squeeze in some lemon juice.

#### **6 PURPLE SPROUTING BROCCOLI PIZZA**

Preheat the oven to 220°C/Fan 200°C/Gas 7. Roll out some pizza dough to the size you want. Spread over a thin layer of passata, then crumble Mozzarella over the top with sliced onions and olives. Blanch purple sprouting broccoli in water for 3 minutes, then drain and chop. Add it to the pizza and bake for 12-15 minutes, until bubbling and golden brown. Scatter basil leaves over the top

#### 7 PURPLE SPROUTING BROCCOLI GRATIN

Make a roux with 100g butter and 50g flour. Gradually add 450ml milk, stirring constantly until smooth. Add a teaspoon of mustard, a dash of Worcestershire sauce and 300g Cheddar. Cook 450g broccoli in boiling water for 2 minutes, then drain and place in an ovenproof dish. Pour the cheese sauce over the top, then place under a preheated grill until bubbling.

#### 8 CHILLI & SESAME PURPLE SPROUTING BROCCOLI

Trim 400g purple sprouting broccoli and steam for 4 minutes until tender, then refresh in iced water. Cook sliced garlic and chilli in sesame oil until golden brown, then add the broccoli with a dash of soy sauce. Toss with sesame seeds and serve.





The beginning of a new year is the perfect time to refresh your kitchen with a few snazzy touches – go on, treat yourself!







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- 3. Joseph Joseph Worktop Saver,
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- 4. Rust-Oleum Chalky Finish Furniture Paint, £14.99

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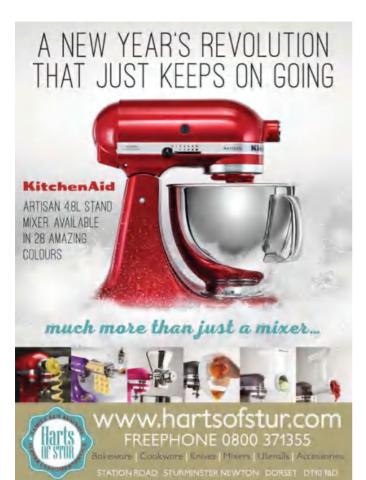
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# Recipe of THE MONTH

This hearty pork stew is freshened up with ripe apples and punchy cider for a truly comforting supper

PORK, APPLE & LEI WITH DUMPLINGS EK CASSEROLI

#### Serves:

Prepare: Cook: 2 hours

- 1 tbsp rapeseed oil
- 2 leeks, sliced
- 200g bacon lardons
- 2 garlic cloves, peeled and finely
- 500g pork shoulder meat 1 tbsp flour, seasoned

1 eating apple, sliced 400ml cider 150ml pork or chicken stock 1 tsp Dijon mustard ge leaves

#### For the dumplings:

125g plain flour, plus extra for dusting 1 tsp baking powder Salt and ground black pepper 6og suet

1. Preheat the oven to 170°C/Fan 150°C/ Gas 3. Heat a large ovenproof casserole

dish over a medium heat. Add the oil and cook the leeks and bacon for a few minutes, then add the garlic and cook for a further minute. Add the pork, coated in the flour, and brown quickly in the pan.

COVER RECIPE

- 2. Add the apple, pour in the cider and stock, then stir in the mustard. Bring to the boil, stir in the sage leaves, then transfer to the oven and cook for about 1½ to 2 hours, until soft and tender.
- **3.** While the casserole is cooking, make your dumplings. Sift the flour and baking powder into a bowl and season with salt and pepper. Add the suet and pour in enough water to form a dough. Roll the mixture into small balls and arrange on top of the casserole 20 minutes before you take it out of the oven. They should be puffed up and golden.

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# ROAST OF THE MONTH

This flavoursome shoulder of lamb is stuffed with a fusion of Asian and British ingredients and makes a great alternative roast for any special occasion

#### ROLLED SHOULDER OF LAMB WITH PILAU RICE AND KALE STUFFING

Serves: 8

Prepare: 25 minutes

Cook: Medium: 25 minutes per

450g/1lb plus 25 minutes

Well done: 30 minutes per 450g/1lb

plus 30 minutes

1.3kg lean boned and rolled lamb shoulder joint Salt and freshly milled black pepper 6oml fresh thyme leaves Grated zest of 2 lemons 15ml rapeseed oil

#### For the stuffing:

½ x 250g pack prepared pilau rice 25g fresh kale, rinsed and finely chopped 25g sultanas 25g toasted pine nuts For the gravy: 1tbsp plain flour 450ml, hot lamb stock 150ml good red wine or port

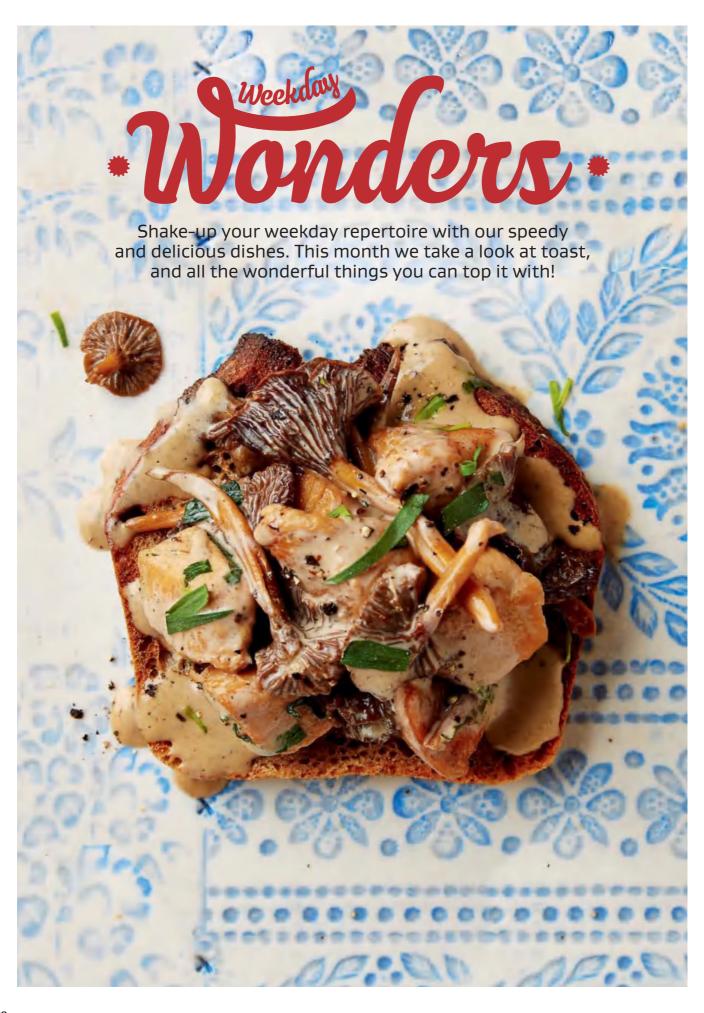
- 1. Preheat the oven to 190°C/Fan 170°C/Gas 5. Scatter the half the thyme and half the lemon zest on a large tray. Unroll the joint (reserving any elasticated meat bands) and coat each side with the rosemary. Leave skin side down and season.
- 2. To prepare the stuffing; in a small bowl mix half the pilau rice with the remaining thyme, lemon and other stuffing ingredients, mix well and spread evenly over the lamb. Roll up and secure with butcher's string or reserved elasticated meat bands. Weigh the joint and calculate the cooking time (above).
- **3.** Place on a metal rack in a large nonstick roasting tin, drizzle with the oil and roast in a preheated oven for the

preferred, calculated cooking time. Cover with foil if browning too quickly. Remove the joint from the oven, transfer to a large plate, cover and leave to rest for 15-20 minutes.

- 4. To prepare the gravy; spoon off any excess fat from the roasting tin and discard. Place the roasting tin over a medium heat and sprinkle over the flour. Stir well with a small whisk or spoon, add a little stock and stir again, scraping the base of the pan to release any rich, sediment.
- **5.** Add the remaining stock, red wine or Port and any meat juices, adjust the seasoning, if required and simmer for 8-10 minutes, stirring occasionally or until reduced to a well-flavoured gravy. Strain before serving. Serve with seasonal vegetables and the gravy.

Recipe courtesy of simplybeefandlamb.





"Most aficionados would argue that a good Welsh rarebit cannot be improved upon. That's until you put an egg on it. A fried egg can improve almost any food and in the buck rarebit, it also creates a legendary hangover cure"

#### MUSHROOM, CHICKEN & TARRAGON

Serves: 4

Prepare: 5 minutes Cook: 10 minutes

- 1 tbsp olive oil
  2 large chicken breasts, cut into
  bite-sized chunks
  250g wild mushrooms, such as
  chanterelle
  85ml Marsala
  125ml double cream
  Large handful tarragon,
  finely chopped
  4 slices spelt or wholemeal bread
  Salt and freshly ground black
  pepper
- 1. Heat the oil in a frying pan. Season the chicken then add to the pan and cook over a high heat for 3 4 minutes, until browned all over. Throw in the mushrooms and cook for 2–3 minutes or until they are beginning to wilt.
- 2. Slosh in the Marsala and let it bubble for a few minutes until reduced by half. Stir in the cream and simmer for 2–3 minutes, until thickened slightly. Check for seasoning and finally stir through the tarragon, reserving a little for the garnish.
- 3. Toast the bread and top with the creamy mushrooms and chicken, then grind over a little black pepper and sprinkle over the reserved tarragon.

#### **BUCK RAREBIT**

Serves: 6 Prepare: 20 minutes Cook: 30 minutes

50g butter
50g plain flour
250ml ale
175g mature Cheddar, grated
3 tbsps crème fraîche
2 tsps English mustard
1 tbsp Worcestershire sauce
6 slices seeded bread
Sunflower oil, for frying
6 free range eggs
Handful pea shoots or baby leaf
Salad leaves
Salt and freshly ground
black pepper

- 1. Melt the butter in a saucepan and, once foaming, add the flour and stir well to form a paste. Cook for 30 seconds to 1 minute until bubbling. Gradually whisk in the ale until you have a smooth thickish sauce then let it bubble for 1 2 minutes. Add the cheese, crème fraîche, mustard, Worcestershire sauce and some seasoning and stir until melted and combined. Set aside to cool and firm up a little.
- **2.** Heat the grill to medium. Lightly toast the bread then

- spread the cheese mixture thickly onto one side. Pop under the grill for a few minutes, or until golden and bubbling.
- 3. Meanwhile heat a little oil in a frying pan. Once hot crack in three of the eggs and fry until the whites are set but the yolks are still runny. Remove from the pan and repeat with the remaining eggs. Pop the fried eggs on top of the cheesy toast then grind over some more black pepper to finish. Serve with pea shoots or baby leaf salad leaves.





#### SPICED POTTED CRAB

Serves: 4 Prepare: 10 minutes, plus cooling time Cook: 10 minutes

200g fresh white crabmeat
100g/40z butter
½ red chilli, deseeded and
finely chopped
2 spring onions, white and green
parts very finely sliced
Small handful coriander leaves,
finely chopped, plus extra
to serve
Zest and juice of ½ lime (keep
the other half to serve)

Few pinches curry powder 3 tbsps Greek-style yoghurt 4 – 8 thin slices brown bread Salt and freshly ground black pepper

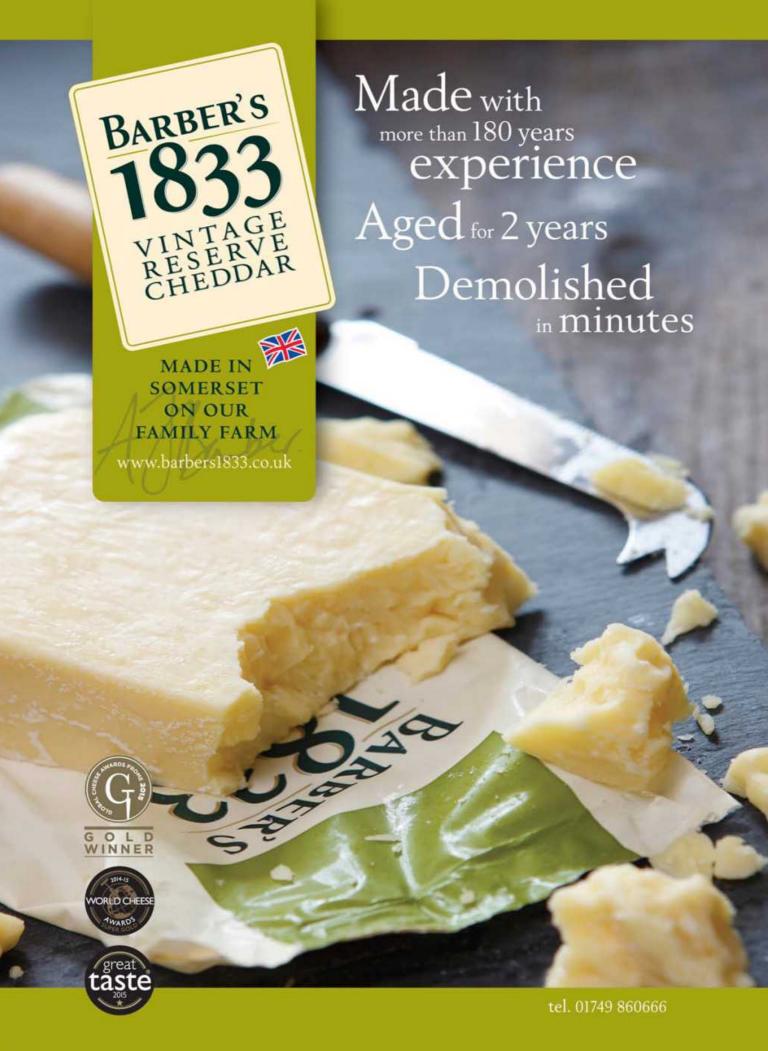
- 1. Pick through the crab to make sure it contains no shell, then place in a bowl. Melt half the butter in a small pan and leave to cool. Stir the chilli, spring onions, finely chopped coriander, the lime zest and juice, curry powder, yoghurt and some seasoning into the crabmeat. Stir in the cooled butter. Pack into a jar or bowl.
- **2.** Melt the remaining butter, then leave to cool a little before

spooning off any scum from the surface. Pour over the crab, leaving any milky solids behind in the pan. Leave to set in the fridge for about 30 minutes.

3. When ready to eat, toast the bread and spread with the potted crab. Scatter over some coriander leaves and serve with lime wedges to squeeze over.



Recipes taken from *Posh Toast* (Quadrille, £12.99) Photography by Louise Hagger





#### **PROFITEROLES**

Serves: 6 Prepare: 20 minutes Cook: 30 minutes

75g essential butter 2 tbsps caster sugar 6og plain flour 2 medium Waitrose Columbian Blacktail Free Range Eggs, beaten 100g plain chocolate, broken into small pieces Finely grated zest and juice of 1 orange 300ml whipping cream

1. Put 50g of the butter, one tbsp of the

until the butter has melted then bring to the boil. Add the flour all in one go then, using a wooden spoon, beat vigorously, cooking for 1–2 minutes until the mixture leaves the sides of the pan and forms a ball. Turn off the heat and leave to cool for 5 minutes.

2. Heat the oven to 180°C/Fan 160°C/ Gas 4. Gradually beat the eggs into the dough a little at a time, to make a thick batter. Drop 18 small teaspoonfuls of the mixture, spaced well apart, on 2 baking sheets that are lined with baking parchment. Bake for 20 minutes until puffed and dark golden — don't be tempted to take them out of the oven early as they may look done but need to

wire rack and leave to cool completely. **3.** Place the chocolate, remaining 25g butter and the orange juice in a heatproof bowl and sit over a pan of simmering water. Heat gently for 5 minutes or so, stirring from time to time, until the chocolate melts. Stir in the grated zest.

4. Whisk the cream and remaining 1 tablespoon of sugar together until firm. Make a hole in the side of each profiterole and gently fill with cream using either a piping bag or small teaspoon. Divide the profiteroles between serving bowls and drizzle with the chocolate orange sauce. Serve straight away.

Recipe courtesy of waitrose.com



#### LSA MOYA CHAMPAGNE FLUTES

Impress your valentine this year with a classy bottle of bubbly and these sophisticated flutes from LSA. The glasses, from the beautiful Moya collection, have a distinctive and modern style with an eye-catching design, which tapers at the waist and flares out to the base. Sturdy and sleek, you can tell from the quality and curved shape that authentic mouth-blown glass techniques were used to create these fancy flutes. £28 for a set of two from saltandpepper.co.uk

#### **VODKA ZINGER**

Show off your impressive mixology skills with this quirky drink-making gadget. Allowing you to create your own flavoured spirit. It features a chamber for storing fruits and other ingredients, and can be neatly slotted together with its tubular design. When you screw on the bottom cup, the blades simultaneously grind the ingredients, releasing fresh and flavourful juices which seep into any spirit – the results are delicious!

£30 from Urban





#### **HOT FACE SAUCES**

Fancy amping up your cooking with an extra kick of spice? Hot Face Sauces, voted Kent's Food Producer of the Year 2015, can provide you with all your hot sauce needs and help you on your way to making a memorable Valentine's Day dish! From the BBQ Scotch Bonnet Hot Chilli to the less intense options, Hot Face Sauces has a wide range of fiery food boosters. The hot sauce specialist also now sells dried whole, powdered or flaked chillies, which can add that extra vibrancy to all of your favourite recipes!

Find out more at hotfacesauces.co.uk

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A bin wouldn't normally be regarded as a stylish addition to your kitchen, but there's no denying this one from Wesco is capable of turning heads. With a stainless steel swinging lid and trendy retro design, it's also really easy to clean and remarkably sturdy. A thoughtful and practical gift idea, the stunning Pushboy is ideal for the kitchen or office. £79.95 from wesco-shop.co.uk



#### BIDDENDEN VINEYARDS

The acclaimed Kentish vineyard has just announced the arrival of its new Red Love juice, the UK's first natural red apple juice on the market. Pressed from the Red Love apple variety, the special edition juice is a dazzling red colour without any noticeable cloudiness and contains no colourants, sugars or chemicals. A perfect base for a Valentine's Day cocktail, it's also an exquisite nonalcoholic alternative for parties and great for kids! For more information visit biddendenvineyards.com



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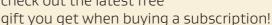
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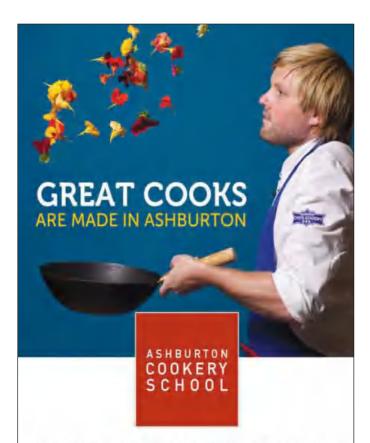


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# Giveaway Civeay

Win a tempting selection of gourmet goodies or a gastronomical getaway with our delicious competitions

#### WIN A MERCURE HOTELS MINI-BREAK AND A CASE FROM THE WINE CELLAR!

Mercure hotels has partnered with Susie Barrie and Peter Richards, TV broadcasters and Masters of Wine, for Flavours from the Cellar – a new season of three unusual and exciting wines for Mercure restaurants and bars throughout the UK.

The three wines include:

#### The Cool Customer

(VALENÇAY SAUVIGNON BLANC & CHARDONNAY, 2014) This elegant white from the Loire Valley is an unusual blend of zingy Sauvignon Blanc with supple Chardonnay.

#### Winter Warmer

(U...PASSIMIENTO NERO D'AVOLA & FRAPPATO, 2013) This brilliant red brings a heart-warming taste of Sicilian sunshine to the table.

#### The Smoky Seducer

(MR P KNOWS PINOT NOIR, 2014) Don't be fooled by the wine's pale hue and light touch, this is a seriously good Pinot Noir.

To celebrate the launch of these new wines, Mercure is offering readers the opportunity to win some fabulous Flavours from the Cellar prizes!

Mercure would like to whisk one lucky reader and guest away for a two night stay at one of its 4-star hotels throughout the UK, with breakfast and evening meal on the first night, plus a complimentary bottle of wine from the Flavours from the Cellar selection thrown in too. On top of this, you will be sent a mixed case of Mercure wines, so you can try the special selection for yourself at home.

Plus, there are mixed cases of wine for three runners-up, so you can see in the New Year in style! For more information about Flavours from the Cellar, visit mercure.com













#### **WIN** THE ULTIMATE SHETLAND EXPERIENCE!

Fancy going on a Scottish island hopping adventure? Enter our competition to be in with a chance of winning the ultimate Shetland coastal experience courtesy of the 2016 National Fish & Chip Awards, organised by Seafish.

With the 2016 National Fish & Chip Awards ceremony taking place this month in London, we're celebrating the nation's favourite takeaway by offering one lucky winner and a guest the chance to escape to the stunning Shetland Islands, home of the awardwinning Frankie's Fish & Chips.

Uncovering the island's historical roots, you'll follow in a Shetland fisherman's footsteps and experience the traditional heritage for yourself. Wherever you go in the islands, you will never be more than 5km from the sea.

Begin your adventure by enjoying a luxurious two night stay at The

Scalloway Hotel, voted the best hotel in the Scottish islands in the 2015 Scottish Hotel Awards, Situated on

the waterfront of Shetland's former capital Scalloway, and just six miles from Lerwick, the hotel's two AA rosettes restaurant serves up a seasonal menu showcasing local seafood – the perfect meal for your island voyage.

To round-off your fisherman's experience, you're invited to an exclusive behind-the-scenes tour at award-winning Frankie's Fish & Chips in Brae, the current reigning champions and winners of the hotly contested Independent Takeaway Fish and Chip Shop of the Year Award 2015. You'll learn all the tricks of the trade from the UK's best friers and gain industry insight into sustainability, responsible sourcing and Shetland's

fishing processes; from catch to plate. With youchers to dine in the award winning restaurant at Frankie's, you'll be treated to the UK's best portion of piping hot chips and flaky white fish covered in crispy batter – it'll definitely be an experience to remember!

Culminating in an awards ceremony at The Lancaster London Hotel on 20 January 2016, The National Fish & Chip Awards are recognised as one of the most prominent and respected seafood industry events in the UK. Widely considered as the Oscars of the fish frying industry, they celebrate the great British tradition of fish and chips, recognising the best talent, quality and choice offered by fish and chip businesses.

For further information on The National Fish & Chip Awards please visit fishandchipawards.com or follow @FishnChipAwards on Twitter.





#### WIN A FIVE-STAR HAMPSHIRE HOTEL STAY AND A PLACE ON A SEASON COOKERY COURSE!

Exclusive Hotels and Venues has opened its own cookery school, SEASON, at Lainston House, a charming 17th century country house standing elegantly in 63 acres of beautiful Hampshire parkland. You could experience it for yourself, as SEASON has got a full day cookery class for two up for grabs!

The lucky winner and guest will also enjoy luxury accommodation in a Traditional Junior Suite, a bottle of Nyetimber English sparkling wine in the room on arrival, a three-course à la carte dinner in the hotel's Avenue Restaurant and a full English breakfast.

SEASON was born out of a great passion for food and dining and now students can embrace their own culinary passion and hunger for knowledge, all in a fun, relaxed and professional setting.





#### READER OFFER

All readers can also save on a stay at Lainston House with our special offer, paying £180\*\* for overnight accommodation in a Deluxe Guest Room with full English breakfast. Upgrades are available to a Traditional Junior Suite for an extra £50 and an Executive Junior Suite for an extra £95.

You can further enhance your stay at the hotel with a falconry experience, afternoon tea, a cookery class in SEASON or by reserving a table in the three AA-rosette Avenue Restaurant.

Award-winning Lainston House is surrounded by manicured gardens, rolling woodland and breathtaking views. The 50 well-

equipped bedrooms and suites are all individually styled and designed so that no two look or feel the same.

The Avenue Restaurant offers an intimate, elegant setting for dining with creative, thoughtful and tasty menus featuring locally-sourced produce with a traceable provenance. Lainston House is perfect for a relaxing stay and also provides an ideal base for exploring the area's many attractions, including the nearby Winchester.

For more details or to book, please call 01962-776088, quoting Great British Food. For further information about the hotel and Season Cookery School, visit lainstonhouse.com







<sup>\*\*</sup> See terms and conditions at greatbritishfoodmagazine.com/giveaways

# WIN A BOTTLE OF MACALLAN RARE CASK WHISKY AND LALIQUE GLASS!

For those who appreciate single malt whisky at its best, we have the perfect prize for you. We're offering one lucky reader the chance to win a bottle of The Macallan Rare Cask and the ultimate single malt whisky glass, The Macallan glass by Lalique.

New to the distillery's portfolio, The Macallan Rare Cask is aged exclusively in sherry oak casks. This unique expression sees soft notes of opulent vanilla and raisin pique the nose, giving way to a sweet ensemble of apple, lemon and orange. This single malt is produced with meticulous attention to wood – some of the sherry bodegas casks used to age the whisky are no longer in existence. It is the perfect whisky for those of craftsmanship and quality.

As well as The Macallan Rare Cask, the lucky winner will also receive The Macallan glass by Lalique. Designed

exclusively for The Macallan by the legendary French crystal house, this bespoke nosing and tasting glass has been created to maximise the appreciation of the aromas and tastes of the whisky.

MACALLAN

The Macallan Rare Cask is available in select whisky retailers, including The Whisky Shop, priced £200.

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# WIN A BUMPER SHROVE TUESDAY HAMPER WITH OXO!



There's no secrets to the ingredients of a delicious pancake; eggs, milk, flour and butter, but there are certainly some tricks of the trade when it comes to guaranteeing a flippin' perfect pancake! Ten lucky winners will be able to arm themselves with a range of handy kitchen tools which can turn pancakes from drab to fab in no time.

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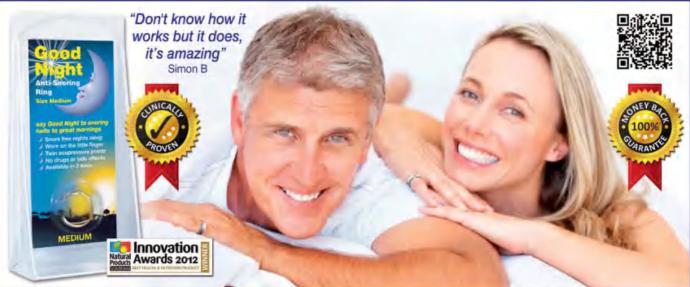








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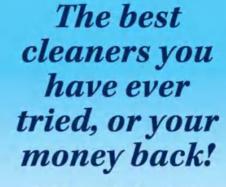
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## IN THE KITCHEN WITH... Alex James



The cheese maker and Blur bassist shares his foodie loves and hates

#### \*Home-grown tomatoes

John Denver said, "There's only two things money can't buy, and that's true love and home-grown tomatoes". There's something so wonderful about a warm, perfectly ripe, home-grown tomato. We grow them in our greenhouse and try and make



them last until Christmas day - which is a bit sad as that's when we run out - but they're back in April thankfully!

#### \*Mark Hix's chicken

A really good roast chicken is hard to beat and I think Hix's is the benchmark. It comes with these skinny chips, a rich reduced stock and some garlic sauce – I'm completely obsessed with it. He makes it to share but I normally just order one for myself. Apparently there's a guy who goes to the restaurant and sucks the bones dry and everything!

#### \*Homemade stock

Everything changed for me when I started making my own stock. I'd just moved to the country and instead of going to the Groucho Club every single evening, I started staying at

> home and fiddling about with the oven. I think when you start making different stocks you're on your

way to learning more about cooking.

#### \*My own eggs

I think the worst egg you can get at home is a million times better than the best ones

you can buy - there's just a magic to them being laid in your own back garden. We've got chickens, geese and ducks at home - I think our duck eggs make the most fantastic Yorkshire puddings.

#### \*Cheese!

I'm constantly thinking about new cheeses and I find out something new about it every single day. My current favourite is aged Gouda, which tastes absolutely bloody marvellous.

#### \*High street coffee chains

They're expensive and you just never know whether the coffee is going to taste nice or not, and it's usually horrible! Half of them use semi-skimmed milk, which is a really bad way to approach a cappuccino. They also don't seem to clean the machines properly, so it often tastes bitter or they're just like big milkshakes.

#### \*All you can eat

The whole idea that something is good value because there's lots of it is just the wrong strategy. Although, I think it's something we're slowly distancing ourselves from, but my absolute nightmare would be an all you can eat buffet.

#### \*Cupcakes

Cupcakes are stupid – they're for people who don't like eating! They're fiddly, stupid and a waste of space. They're not food, they're poser twiddle.

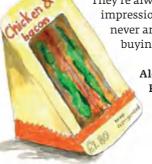
#### \*Homogenised milk

There's so much weird milk knocking around, like long life or powdered milk – I'd rather have no milk than them. It's bad that we see milk for its fat content and shelf life rather than the mammalian elixir that it is! Our local pub sells this pasteurised, non-homogenised Guernsey milk and when you taste it you suddenly realise what you're missing.

#### \*Refrigerated sandwiches

Only mad people stick bread in the fridge! They're always front loaded, so they give the impression they look really full but actually never are. You're much better off just buying a baguette and a lump of cheese!

> Alex James is the ambassador of Red Tractor Assured products, ensuring the food and drink you buy is traceable, safe to eat and has been produced responsibly.





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